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MARCH 2015

gourmet

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MUMMY**

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Afternoon Tea and Dinner!***

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The 'art' of afternoon tea with Vincent van Gogh

*The Van Gogh Museum Relievo Collection,
exclusively at Mashrabiya Lounge
from 26 February to 31 March*

Bursting with beauty, emotion and colour, Vincent van Gogh's art is a visual extravaganza that is timeless. Feast your eyes on certified reproductions of his most famous masterpieces at Mashrabiya Lounge, as you enjoy a specially created afternoon tea experience designed to complement this exhibition. Appreciate the finer things in life, exclusively at Fairmont The Palm.

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JASMINE BANDALI
EDITOR, GOURMET

Welcome to Gourmet!

Can you believe we're in March already? As another month flies by and I prepare for my eldest son Jameel to turn 16 in a few days, time is flying and even my little ones are growing at alarming speed! It makes me realise now, more than ever how much I cherish spending time with all of them, and that's why the highlight of this month has been being able to lavish attention on my younger two during our special Mother's Day masterclass, which was held at the Boulevard Kitchen at the Manzil, Downtown. I'd like to say a huge thank you to everyone who participated and helped to construct the event (far too many to name here, but you know who you are). It was magical! Check out our behind the scenes photos on page 70.

Like many, I'm not lucky enough to have my mother live in the same country, so Mother's Day for me tends to be about my own family and relishing my role as mum. I'm thinking that to mark the occasion this year, I'd love to have a family beach picnic. It's perfect weather (if you don't count the recent sandstorms) to head outside for an al fresco gathering, and with our guide of yummy recipes and picnic basket essentials on page 50, it couldn't be simpler. If your mum is here, this issue is packed with ideas of where to go on page 10, kitchen goodies she'll love on page 24 and dishes to make her throughout the day on page 40, so you can spoil her rotten!

Happy Mother's Day to all you superwomen out there! Until next month...

Jasmine



BEY'S BREAKING BAD (HABITS, THAT IS)

Having dabbled in veganism herself and noticing the trend for many others embracing a plant-based diet, smart businesswoman Beyoncé has jumped on the bandwagon by launching a vegan meal delivery service. Named the 22 Day Nutrition Company, it's aimed at helping people break bad habits within that time frame because apparently that's as long as it takes to make a difference. Try our vegan recipes on page 46 and see if it works for you!

RIP MICHELE FERRERO

The world's wealthiest chocolatier and owner of the Nutella empire, Michele Ferrero died on Valentine's Day in Monaco, aged 89, following a month-long illness. Worth over Dhs81.4 billion, he was the man responsible for turning the Italian chocolate factory, which creates the chocolate-hazelnut Nutella spread, Ferrero Rocher pralines, Kinder eggs and Tic Tac sweets into a global empire. Described by *Forbes* as 'the richest candyman on the planet', it seems that a stroke of genius and a winning recipe was behind his ultimate success, with the company initially founded by his father Pietro in the 1940s, when cocoa was still rationed during World War II. Pietro decided to experiment with the formula using

the abundant hazelnuts available to make a cocoa-hazelnut base, which became the Nutella we all know and love today. Born entrepreneur Michele decided that it was too good a secret to be kept, revealing the gorgeous chocolatey concoction to the world. Thank you Mr Ferrero for making our lives that much sweeter.



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Loving these robust
meat free flavours!

Ed's Pick
p46

Gourmet Conversions

Gourmet uses metric measurements in its recipes.
Here's a simple guide to convert them if needed

LIQUID MEASUREMENTS (APPROX):

Metric	Imperial		
5ml	1 tsp	n/a	½ tbsp
15ml	1 tbsp	½ fl oz	3 tsp
30ml	2 tbsp	1 fl oz	⅔ cup, 6 tsp
60ml	¼ cup	2 fl oz	4 tbsp
80ml	⅓ cup	2 ⅓ fl oz	5 tbsp + 1 tsp
120ml	½ cup	4 fl oz	8 tbsp
160ml	⅔ cup	5 ⅓ fl oz	10 tbsp + 2 tsp
175ml	¾ cup	6 fl oz	12 tbsp
205ml	⅞ cup	7 fl oz	14 tbsp
235ml	1 cup	8 fl oz/ ½ pint	16 tbsp
475ml	2 cups	16 fl oz/ 1 pint	32 tbsp
945ml	4 cups	32 fl oz	1 quart

DRY WEIGHT MEASUREMENTS (APPROX):

Metric	Imperial		LENGTH	
Imperial				Metric
28.35g	1 oz	—	6mm	¼ inch
55g	2 oz	⅛ lb	1.27cm	½ inch
85g	3 oz	—	2.54cm	1 inch
125g	4 oz	¼ lb		
240g	8 oz	½ lb		
375g	12 oz	¾ lb		
454g	16 oz	1 lb		
907g	32 oz	2 lb		

NEWS

HOTTEST HAPPENINGS ON PLANET FOOD THIS MONTH

Munch your Way through March

How to spoil your mum on her special day, the newest hotspots in town and a date for your diary as Taste of Dubai descends...

3 Of The Best Eats for Mother's Day



1 Teatime at Karat

This mother and daughter afternoon tea includes a selection of sweet and savoury delicacies to choose from and on Mother's Day weekend the pastry chef will also present you with a cake to mark the special occasion.

INFO: Dhs125 per person, 3pm-6pm until Mar 31, The Address Dubai Mall, 04 888 3444, dine@theaddress.com



2 Dinner at Koi

Indulge in a four-course tasting menu at this Japanese A-list endorsed restaurant, to show your mum some star style, with a menu that includes a sashimi tasting plate offering, pan roasted guinea fowl and sesame ice cream with chocolate crumble. **INFO:** Dhs295, 6pm-2am, 15 and 21 Mar, Saadiyat Island, Abu Dhabi, 02 678 3334, www.koirestaurant.ae



3 Desert Palm Retreat Spa and Bubbly Tea

To really spoil your mum this Mother's Day and catch up on some quality time together, this retreat will be offering a 60 minute massage for two with full access to all facilities including steam, sauna and ice rooms, followed by a leisurely afternoon tea with home baked scones, cakes and a bottle of bubbly, while you overlook the property's lush green polo fields.

INFO: Dhs940 for two, Sun 15 Mar, Al Ain Road, 04 323 8888, www.desertpalm.ae

Celebrate your Mum the Italian Way at Bice Mare

We all know that Italians love their mums, so this special five-course menu is sure to wow the most special woman in your life, with a fruity twist to traditional flavours on the menu which include crab and lobster salad served with passion fruit, papaya and mango and Chilean Seabass with peach, spinach and coffee sauce.

INFO: Dhs450 per person, 6pm-12midnight, 21-31 Mar, Souk Al Bahar, Downtown Dubai, 04 423 0982, www.bicemare.com





EXCLUSIVE EATS

The newly launched Scoopi Café, which specialise in liquid nitrogen concoctions, are catering to the ice cream connoisseur with a scoop worth a whopping Dhs2,999! The 'Black Diamond' sundae is made with the finest Madagascar vanilla ice cream and infused with ambrosial

Iranian saffron and black Italian truffles, adorned with 23 carat edible gold, which is served in a Versace bowl with spoon to match, which you can take home as a memento of your flash experience. **INFO:** 1pm-2am daily, Jumeirah Beach Road, 050 113 8497, www.facebook.com/scoopicafe

TASTE OF DUBAI

Hot on the heels of the Dubai Food Festival comes another three day extravaganza of celebrity chefs, interactive cooking schools and live demos. Jean-Christophe Novelli, *Food Network* favourite Andy Bates, Jose Pizarro, Dhruv Baker, Bader Al Awadhi, Atul Kochhar and Tim Anderson are just some of the big names headlining the event's 8th edition. It's certainly another date for all foodies to mark in their diaries. **INFO:** Tickets on sale now from Dhs75, 4pm-12midnight Thu, 12noon-11pm



Fri-Sat, Dubai Media City Amphitheatre, www.tasteofdubaifestival.com

5

Van Gogh Afternoon Tea

If your mum is an art aficionado, this collection of fine-art reproductions of seven of Van Gogh's works which is on display right up until the end of the month, is a perfect choice for Mother's Day. Combined with a creative afternoon tea, inspired by the great artist himself, this Mediterranean offering includes dishes such as Provençal shrimps and basil on capsicum bread, and roasted and lavender infused duck with plum chutney. For an extra table fee of Dhs100, you can also be seated right next to the Sunflowers reproduction, for a leisurely afternoon

with one of the most sought-after views in the world.

INFO: Dhs125 per person, plus additional fee for Sunflowers seating, 12noon-6pm, until 31 Mar, Mashrabiya Lounge, Fairmont The Palm, 04 457 3457, www.fairmont.com/palm

WIN!

We have two Van Gogh afternoon teas for four (two adults and two children) to give away! Log on to www.ahlanlive.com/competitions/details/8026 and answer three easy questions for your chance to win!

NEW IN TOWN



Raffles Garden

This newly opened al fresco dining experience takes its inspiration from Singapore's garden city landscape and the four elements of life; water, earth, wind and fire. The result is Dubai's only hanging botanical garden with private cabanas, authentic Arabic nibbles and shisha in a haven away from the city, perfect for either a romantic date on an intimate gathering of friends. **INFO:** 5pm-1am Sat-Wed, 5pm-2am, Thu-Fri, 3rd floor, Raffles Dubai, Wafi, 04 324 8888, dining.dubai@raffles.com



Cove Beach

If you're looking for somewhere truly sensational to take guests or will be marking a special occasion, this gorgeous seafront restaurant, dedicated pink grape bar and sea lounge is the newest place to see and be seen in. Situated in the iconic Jumeirah Beach Hotel, this is where East meets West with a combination of Arabian opulence and Mediterranean cuisine, teamed with breathtaking views of the Arabian Gulf. **INFO:** 9am-3am daily, www.covebeach.com



Editor's wish list *Here's what I'm excited about this month*



Holi at Masala Restaurant

I love a good celebration and this month, it's Holi, known as the Indian festival of colours, so I'll be heading into the middle of the desert for a special set menu, featuring an array of traditional delights and authentic flavours. **INFO:** Dhs175, 12.30pm-3pm, 7pm-11.30pm, 6-7 Mar, Bab Al Shams Desert Resort & Spa, 04 809 6194, www.meydanhotels.com/Bab-Al-Shams



Monday Made Me at Sass Café

I am loving the 'Monday Made Me' European inspired dinner party concept at the regional outpost of the Monaco institution. Grab some friends and book a table for a well-deserved catch up, while dining on signature dishes to a soundtrack of guest DJ's spinning the decks all night long. **INFO:** 7pm-3am, Mon, Al Fattan Currency House, DIFC, 04 352 7722, reservations@sasscafe-dubai.ae



Afternoon Tea at Rhodes W1

I'll be checking out celeb chef Gary Rhodes' quintessentially British high tea at his newest Dubai outlet this month, with everything from finger sandwiches, to freshly baked scones with cream and jam, a selection of yummy cakes and toasted crumpets. **INFO:** Dhs150 or Dhs250 with bubbly, 2.30pm-5pm, Wed-Sat, Grosvenor House Dubai, 04 317 6000, www.rw1-dubai.com

LOOK OUT FOR...

The World's First Smart Jar

Developed by SKE labs after its CEO Madhuri Eunni was having trouble keeping track of how much protein she was consuming, the Neo Smart jar recently made its global debut. It detects the contents of the jar, keeps track of how much you're eating, alerts you when you're running out of something, reminds you if something's going stale, and also recommends recipes compatible with its contents. The product was recently launched on www.indiegogo.com and if all goes well, shipping will begin in November.



THE GREAT NEW ZEALAND COOKBOOK

BY MURRAY THOM, LOTTIE HEDLEY, TIM HARPER
AND HAYLEY THOM

Feel like trying something different? This cookbook featuring the favourite recipes of 80 of New Zealand's finest cooks, chefs and bakers, will give you an exclusive insight into the world of Kiwi cooking. Dishes include classics such as raspberry lamingtons, and ginger marinated chicken with wilted spinach and red capsicum.

INFO: Dhs140 plus shipping, www.bookreps.co.nz



GOURMET EXPERT

INSIDER DINER

Restaurant guru Samantha Wood of Foodiva.net serves up the latest on the UAE's dining scene

Catch me at Asia de Cuba

The St Regis Abu Dhabi's restaurant offering has taken on a new, delicious level with the opening of two independent restaurants at its beach club on the Corniche. Catch is a homegrown seafood concept developed by the folks behind Royal Catering and Café d'Alsace (not to be confused with its namesake, a restaurant import opening at Fairmont Dubai). Next door sits London Latino concept, Asia de Cuba. Both offer spectacular sea views, with the latter also opening in Dubai this year.

INFO: Corniche Road, Abu Dhabi. 02 694 4444, www.stregisabudhabi.com



Dubai's First Chef for Hire Community

Meet ChefXChange, a website that showcases chefs who can cook for you at home taking care of the menu development, grocery shopping, and of course cooking and even washing up! These are not just private chefs for hire, but restaurant chefs are on their books too – covering many different cuisines, from special dinner party to an informal soiree, or even weekly meals. Dubai aside, ChefXChange's reach extends to London, Geneva and Washington DC.

INFO: info@chefxchange.com, www.chefxchange.com

OMNIA BY SILVENA DESCENDS ON DOWNTOWN

Chef Silvena Rowe has opened her much-anticipated flagship restaurant in Downtown Dubai, Omnia by Silvena. A two-storey glass-walled kitchen; calligraphiti adorning one wall; and a suspended diamond prism for the chef's table makes up the striking interior. Her cuisine is modern Middle Eastern, with a nod to Emirati flavours, and many dishes feature locally sourced produce. My favourites? A foie gras date creme brûlée with toasted brioche; a slow-cooked, pulled Emirati spiced lamb; and her velvety raspberry cheesecake. **INFO:** Daily 6pm-11pm, Clarens Tower 1, Sheikh Mohammed Bin Rashid Boulevard, Downtown Dubai, 050 550 1641, s@omnia.co



Go-to Gadgets



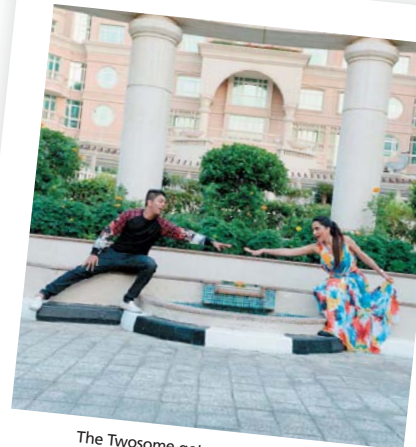
Stirio Version 2.0, Dhs185, www.unikia.com

From experience, any good cook in the kitchen will know that stirring up a good risotto, béchamel or custard requires stirring arms of steel. This nifty gadget does all the stirring for you, fits the top of most saucepans and incorporates a smart blade with a strong rechargeable motor, that's gentle and can be used on non-stick surfaces, leaving your hands free to set the table or chop a salad.



Panasonic MJ-DJ31 Juicer, Dhs599, Carrefour and Panasonic Showroom

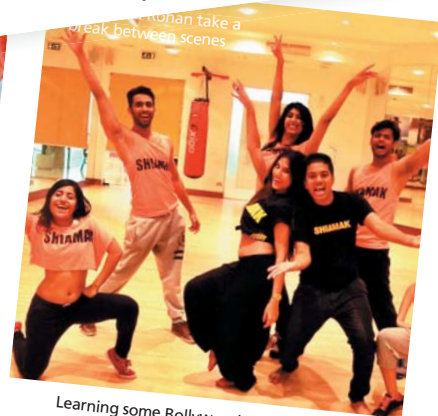
Anyone who's anyone is juicing these days and this is 3-in-1 powerful juicer, blender and grinder is the latest must-have appliance for your kitchen. The clever machine has a jug capable of holding up to 1½ litres of juice and can be attached to the juicer's spout for convenience and easy pouring, with a unique rotating 120-degree swivel spout that allows you to fill multiple glasses at a time. The best bit is that it's super-quick, without the need to chop fruit before blending, because of its large feeding tube that can take an entire apple in one go, and the unique metal spinner which squeezes out every last part of each ingredient, means that you won't waste a drop of goodness.



The Twosome get very 'filmi' on set



The Twosome celebrate Girl Power in the grand finale



Rohan and Trisha take a break between scenes
Learning some Bollywood moves for Holi

IT'S A WRAP FOR THE TWOSOME

Rohan and Trisha end the season with Bollywood beats, the festival of Holi and plenty of eats

The popular cooking show *The Twosome* on Zee TV prepares to wind down at the end of the month, and ensuring the show ends with a bang, anchors Rohan and Trisha have been busy in the studio to incorporate a bit of Bollywood energy into the show. Choreographed by Shiamak Davar UAE, the regional contemporary of one of India's most renowned dance academies, *The Twosome's* Holi episode in celebration of India's festival of colour will see Rohan and Trisha dancing their hearts out to a very special Holi medley.

As 13 weeks of culinary celebrations come to an end on 27 March, *The Twosome* will showcase the talents of everyone behind the scenes who worked so hard to bring you the region's gourmet cuisine through a summary of their experiences and their combined love of food. 🍴

INFO: *The Twosome* airs every Friday at 12noon, with a repeat episode on Saturday at 12noon every week on Zee TV Middle East



After an energetic season, the hosts are ready for bed



Striking a pose for the cameras

THE TWOSOME'S RECIPES OF THE MONTH:

In an exclusive collaboration with the show, *Gourmet* have gotten hold of these very special recipes for Holi from chef Kuldeep Raturi at the helm of celeb chef Sanjeev Kapoor's Options restaurant, that you won't even be able to find on their menu...

MANGO PURAN POLI (INDIAN STUFFED BREAD WITH MANGO AND SWEET LENTIL FILLING)

SERVES 4

INGREDIENTS

FOR THE BREAD

400g chapatti flour

Salt, to taste

1 tbsp oil or ghee (clarified butter)

Water to bind into a dough

FOR THE FILLING

150g chana daal (chickpea lentils)

1 ½ tubs of mango Yoplait yoghurt

50g sugar or jaggery gur (unrefined cane sugar, available in all Indian shops and most supermarkets) 8 to 10 green cardamom pods, crushed finely

150ml oil or ghee

METHOD

- 1 Soak the lentils for the filling in water for four to five hours.



- 2 Sift the flour, add the ghee or oil and salt to taste and mix well.
- 3 Knead the mixture into a smooth dough with warm water.
- 4 Cover and keep aside for 20 minutes.
- 5 Boil the lentils in two to three tablespoons of water.
- 6 After one whistle, remove from the heat.
- 7 Remove the lentils, allow to

cool and then mash into a paste, without water.

- 8 Heat 1 tablespoon of ghee or oil in a pan set over a medium-high heat.

- 9 Add the ground lentils and sugar (If you are using jaggery, drop small pieces of jaggery in the hot ghee to melt it first, then add the ground lentils).

- 10 Fry the mixture for five minutes. Allow to cool.

- 11 Add the crushed cardamom and mango Yoplait yoghurt.

- 12 Heat a tawa (flat cast iron pan) or frying pan over a medium heat.

- 13 Make a small ball of dough, and roll lightly into a small circle.

- 14 Add two tablespoons of the lentil mixture.

- 15 Bring up the sides of the rolled dough ball into the centre to seal the filling.

- 16 Dust your work surface and roll the dough into a circle about 16cm in diameter.

- 17 Place the bread onto the pan and brush a little oil on the uncooked side.

- 18 Turn and brush the other side so that the bread is golden and cooked all the way through.

- 19 Remove from the heat and repeat with the remaining dough and filling. Serve.

MAWA GUJIYA

This is a special Holi recipe of crispy dough bites, a bit like samosas with a sweet, moreish filling

MAKES 16-18

INGREDIENTS

FOR THE DOUGH

1 ½ cups all-purpose flour

1 tbsp semolina

2 tbsp ghee (clarified butter)

1/3 cup water

FOR THE FILLING

200g mawa (solid thickened milk, available at Lulu or any Indian supermarket)

1 cup sugar

1 tsp semolina

10 to 12 almonds, chopped finely

20 raisins

½ cup shredded coconut

Ghee, for frying

METHOD

- 1 In a medium saucepan, heat one tablespoon of ghee and gently fry the semolina over a low to medium heat until golden. Transfer to a bowl and set aside.

- 2 Using the same pan, heat the other tablespoon of ghee and gently fry the mawa the same way until golden brown. Transfer to a plate and allow to cool.

- 3 Once the mawa is cool, add the semolina, sugar, raisins, almonds and coconut. Mix well and set aside.

- 4 Roll the dough into 16 or 18 even-sized circles.

- 5 Make a dough paste from 2 tablespoons of flour and a little water, to make a glue.

- 6 Dip your finger into the flour paste and spread it around the rim of the rolled dough.

- 7 Place one tablespoon of the filling into the centre of the dough, and fold one side

over the other to create a semi-circle pastry with the filling sealed within.

- 8 Press the edges together firmly with your fingers, ensuring the pastry is properly sealed, otherwise they will open when frying and all the filling will come out.

- 9 Fill each rolled dough ball the same way.

- 10 Heat about 3cm of ghee in a frying pan set over a low-medium heat.

- 11 Fry the pastries in batches. When they rise to the surface, turn slowly and cook the other side, so the pastries are golden brown on all sides.

- 12 Remove from the heat with a slotted spoon and drain on paper towels before serving.



Top Tip

Be patient and fry the pastries over a low heat, otherwise the crust will be soft and not as crispy as it should be

THE FRIDGE FILES

WE TAKE A PEEK IN THE FRIDGE OF TOWIE MAKE-UP ARTIST, HANNAH LISA TO SEE HOW HEALTHY IT IS

"I adore garlic. It's just the best flavour in the world. It goes with everything and makes any dish taste amazing!"



Hannah Lisa



INSIDE HANNAH'S FRIDGE

- Milk
- Butter
- Cheddar
- Mozzarella
- Philadelphia
- Parmesan
- Fresh juices
- Salad dressings
- Beef steaks
- Prawns
- Lamb
- Salmon
- Tuna steaks
- Lettuce
- Spinach
- Carrots
- Onions
- Garlic
- Smoked salmon
- Greek yoghurt
- Milk chocolate
- Berries

How much do you usually spend on your weekly shop?

I try to keep it at around Dhs600 a week.

What is your typical daily diet?

I'll usually have cereal for breakfast, or if I have a day off then I'll make scrambled eggs. Lunch is usually on the go, so it's typically a sandwich or something from a little café. I'm often quite good when it comes to dinner. I enjoy cooking and I like healthy, homemade food so I'll have the typical meat or fish with vegetables and potatoes.

What's the strangest thing you eat?

Cornflakes, jam and custard mixed together. Don't knock it until you've tried it!

Which three foods couldn't you live without?

Potatoes, steak and prawns.

What's your guilty food pleasure?

Biscuits. They're definitely my downfall.

What's your ultimate comfort food?

A nice roast dinner can coax me out of any bad mood I'm in!

What is your favourite takeaway order?

In the UAE, it has to be a shawarma! Why don't they have these in the UK?

VERDICT

Health expert Dima Al Sharif Says:



Most people opt for cereals in the morning, however they are not the healthiest option as most

are loaded with sugar. Muesli is a better option most of the time; the nuts in muesli add to its nutrients and essential fatty acids and release energy slowly to keep you fuller for longer. Eggs are also a great choice because they lessen the craving for sugary foods and so on mid-morning. Your choice of meat and fish is great because oily fish such as salmon and tuna are packed with essential nutrients and fatty acids. Minimising red meat is always advisable however, and try and go organic with chicken to avoid consuming nasty antibiotics and hormones. In general solid cheeses are healthier than cream cheeses which are over processed, and keep cookies, custards and cornflakes to occasional indulgences. Try and substitute these with fruit which will do wonders for your skin and overall sugar cravings.

FRIDGE HEALTH RATING 6/10



A DIFFERENT WAY TO LOOK AT FRIDAY BRUNCH

Isn't it time you tried Dubai's most laidback brunch? Kick back and enjoy a fun-filled afternoon at the Urban Picnic in the chic surroundings of 3in1. Fill your picnic hamper with a scrumptious selection of gourmet goodies, pick up a bottle, grab a blanket and chill out in the poolside cabanas to the smooth sounds of the resident DJ.

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VIDA

DOWNTOWN DUBAI

Up Close
& Personal
with

YANNICK ALLÉNO

During his trip to Dubai recently, Gourmet caught up with the multi-Michelin starred chef, internationally renowned for his meticulous French-inspired cooking throughout the globe, to talk about his rise to fame, cooking with speed and embarrassing moments!

Where did your passion for cooking begin?

My parents were managing brasseries near Paris and I grew up in that environment which led to an interest in cooking. I began as a child making dishes with my grandmother and my mum, who taught me how to create traditional French food and we would cook together for the whole family. From them I learnt about quality products and the importance of healthy food.

When did you get your big break?

My most memorable year was 2007 when I received the third Michelin star for my work at Le Meurice. It was the result of 22 years of hard work, passion and a desire to be the best all the time, and it also marked the beginning of a new life. After being awarded my second Michelin star in 2004, to receive a third was a dream come true. However, a third award is a tremendous responsibility and it's now up to me to make it shine. It has made me want, now more than ever, to progress and perfect my cooking to make it a consistent experience for each and every guest, while still remaining creative and rigorously attentive to detail.

Have you ever had any strange requests from a diner?

The guest is the king. I am not static in my approach to food and am happy to adapt while still offering the best food I possibly can. If a client has a specific desire, I am happy to execute it.

How would you sum up your style of cooking in three words?

Parisian, modern and innovative.

What's your advice for cooking a meal in a hurry?

If you cook with passion, I believe that a dish will always come out well. The best advice I can give is to use seasonal ingredients when you are short on time, as they will be flavourful enough to shine for themselves with the addition of a few herbs and spices.

You have many restaurants around the world. What is your favourite international destination?

I would have to say Dubai. I love discovering new places and new dishes but Dubai's culinary scene has developed and evolved to become a gastronomic destination. With so many luxury brands operating here there is a lot of diversity and it is all good quality. For me Dubai represents a crossroad of cultures between Europe, Asia and the Middle East.



Chef Yannick adds his magic touch to this luxurious dish

“Being awarded a third Michelin star was the result of 22 years of hard work, passion and a desire to be the best all the time. It also marked the beginning of a new life”

What is your favourite food?

I really love all kind of cuisines and I love to taste a lot because food from different cultures inspires me. However, when I am at home, I am pretty simple. Give me a plate of cheese and a glass of grape and I am very, very happy!

Will you be creating anything special for Mother's Day?

I always try to create a special dish, menu or dessert for this day. As yet, I'm not quite sure what I'll be doing but it will be fabulous.

Amid all the awards and accolades, have you ever experienced a bad moment in your career?

I was speaking with Marcel Locquin a very famous French researcher, who I was meeting for the first time. He began talking to me about his passion for truffles and at the end of our discussion, I suggested he write a book about them as he knew so much. He looked at me and simply answered, “I have already written 36!” I felt very embarrassed.

How do you stay in shape when you are surrounded by food constantly?

It's a hard job. I try to run a bit when I have time.

Which ingredient do you refuse to work with in your kitchen?

Truffle oil. It is completely forbidden in any of my outlets. Not only is it bad for your health, it's also nonsense for the tastebuds! 🍄



**YANNICK ALLÉNO DUCK
FOIE GRAS POACHED
IN DUCK CONSOMMÉ,
CELERY AND BLACK
TRUFFLES**

SERVES 4

Try this decadent starter when hosting a fabulously delicious dinner party

INGREDIENTS

FOR THE POACHED FOIE GRAS

400g duck foie gras, cut into eight 50g slices

500g rock salt

FOR THE DUCK CONSOMMÉ

2kg duck bones (neck, wings)

150g white onions

150g carrots

100g leeks

3 garlic gloves, crushed

1 sprig of thyme

Salt and pepper, to taste

FOR THE TRUFFLE DRESSING

25ml red wine vinegar

25ml sherry vinegar

100ml grapeseed oil

50ml truffle juice

A pinch of table salt

TO FINISH

40g fresh winter black truffles


200g celery root

150ml chicken stock

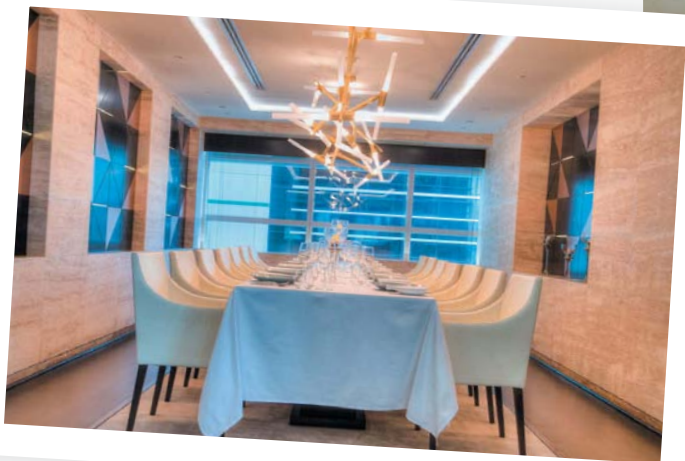
20g unsalted butter

Salt and pepper, to taste

METHOD

- 1 Cover the foie gras slices with the rock salt for 30 minutes.
- 2 Rinse under cold water, dry, then keep refrigerated until needed.
- 3 Mince the vegetables required for the duck consommé.
- 4 Cut the duck bones into small parts and place into a large saucepan with enough water to cover them.
- 5 Add the minced vegetables, garlic, thyme and salt and pepper.
- 6 Bring to the boil and then lower the heat.
- 7 Allow to simmer for two hours, skimming the surface often.
- 8 Strain the mixture through a cloth at the end of the cooking time and allow to cool. Place in the refrigerator until required.
- 9 Prepare the dressing by combining a pinch of salt with both vinegars in a mixing bowl.
- 10 Add the oil and the truffle juice. Keep refrigerated until required.
- 11 Peel the truffle and finely dice into 3mm cubes. Place into 3cm cooking rings, keeping some aside for the garnish.
- 12 Repeat this process for the celery.
- 13 Gently cook the celery rings in a mixture of chicken stock, salt, pepper and butter, until cooked but still al dente.
- 14 In a separate pan, reheat the duck consommé and poach the foie gras slices for 3 minutes.
- 15 Season the truffle rings with the truffle dressing then warm under a moderate grill.
- 16 Arrange two slices of the poached foie gras topped with two rings of celery and one ring of the truffles.
- 17 Garnish each ring with some of the reserved finely diced celery and truffles before serving. 

WORDS: JASMINE BANDALI. IMAGES: ITP PHOTOGRAPHER LESTER APUNTAR



NEW OPENING

TRESIND

Traditional Indian flavours fused with molecular gastronomy makes this a special journey into a new world of spices

Tresind's vast open plan comprising of dining area and lounge is a stark contrast of dark and low-lit elegance in its bar area, and bright and airy ambience in which to enjoy the food. Despite our late arrival at the beginning of the weekend, the restaurant is still moderately full, with groups celebrating birthdays and enjoying end of the week catch up's with friends. It's true that to enjoy a cuisine to its full potential, you should head to the places that natives of the country frequent, and given Tresind's audience, it seems that this is the place to be.

Hailing from India ourselves, we know that it is going to be tough for Tresind to impress. Without meaning to sound arrogant, we are from a heritage of people who can marry flavours and spices to perfection. However, we are intrigued by this 'Heston Blumenthal'-esque offering of molecular gastronomy, so with an open mind we begin. Following an amuse bouche of the popular street food, 'pani puri', served as a molecular sphere on a spoon that literally explodes in your mouth to reveal an abundance of authentic flavours, expectations are high for the main event.

If you are here to talk, you can expect your conversation to be interrupted by the drama of a deconstructed 'chaat', India's ubiquitous street food, being prepared with flair tableside, with the use of liquid nitrogen. A chaat is basically many different textures, such as 'dhokla' a savoury Indian sponge which comes from Gujarat in North India, which is broken into pieces and combined with the pawa (spicy rice krispies) and 'sev', a spicy and crunchy vermicelli, added for texture. Lashings of tamarind, yoghurt and mint sauce bring the dish together and in this case are also given a generous sprinkling of pomegranate for an added sweetness. The use of the liquid nitrogen here freeze dries the dhokla and adds a different structure to the norm, while the smoke achieved while it's being made results in an artistic dinner show.

Dishes thereafter arrive swiftly in a stream of seemingly never-ending plates. We are extremely impressed by the clever take on the



Tresind's elegant bar area

traditional 'anda burjee' which is chopped spiced boiled eggs. At Tresind, they are served in mini parcels of kulcha bread as an all-in-one portable delight, which are both flavourful and comforting. Mains of butter chicken and lamb shank, while still tasty, did not follow precedent and are fairly average, but amid plates of tuna salad served with chutney, puffed potatoes and slivers of filo, and a south Indian fish soup brought to our table with a flourish in between, these were easily forgotten.

We end with the 'daulat ki chaat', a traditional dish from Old Delhi peddled on the streets, which is typically frothy sweet whisked milk, served with fruit and nuts. However, this version is a ball of the lightest, fluffy cream imaginable, which is effortless on both the spoon and the stomach. Adorned with a sprinkling of edible 24 carat gold dust and a crumbling of 'soan papdi', a popular Indian dessert which possesses a crisp, flaky texture, it is quite simply, one of the most sublime dessert experiences we have ever had.

Tresind can be a hit and miss at times, but overall, with every plate beautifully presented and a feast for the eyes, this is a thoroughly enjoyable meal that entices the senses and makes for an interactive experience for true foodies. 

INFO: 12noon-3pm and 7pm-12midnight, Radisson Royal Hotel, Sheikh Zayed Road, 04 308 0440, www.tresind.com



The bright dining room is a stark contrast to the bar

TOP 3 Must-Try Dishes

- Modernist chaat trolley
Dhs110
- Anda burjee kulcha
Dhs50
- Daulat ki chaat Dhs75



Hit the lounge and relax to fusion beats, spun by the resident DJ



TRESIND'S DAULAT KI CHAAT SERVES 4

INGREDIENTS

- 1L milk
- 100g sugar
- 1 tsp cardamom powder
- 2 tsp ghee (clarified butter)
- 500ml cream
- 100g soan papdi
- 1 tsp gold dust
- 2 tsp rose petals
- A handful of pistachios and almonds, finely chopped

YOU WILL ALSO NEED

- Moulds for each pudding
- An ice bath, large enough for all four moulds

METHOD

- 1 Place the milk in a saucepan and heat over a moderately high heat.
- 2 Add the ghee and the sugar.
- 3 Bring to the boil and reduce until a paste-like consistency is achieved.
- 4 Remove from the heat and allow to cool.
- 5 Place the reduced milk into a deep bowl.
- 6 Add the cream and blend with an electric hand mixer to make a smooth sauce.
- 7 Add the cardamom powder to the sauce.
- 8 Place the mixture into moulds and then place in the ice bath for 30 minutes or until set.
- 9 Remove the daulat ki chaat from the mould with the aid of a spoon. Place in the centre of your plate.
- 10 Crumble the soan papdi around the dessert.
- 11 Garnish with the chopped almonds and pistachios and serve immediately or refrigerate until required.

What To Wear

TRESIND



Necklace,
Vanessa Mooney
at West LA,
Dhs905



Jacket,
Debenhams,
Dhs385



Jumpsuit,
Topshop
Dhs499



Shoes,
Dune,
Dhs435



Clutch, Debenhams, Dhs195

WORDS: JASMINE BANDALI, NAOMI CHADDERTON IMAGES: SUPPLIED



OLD FAVOURITE

OKKU

The ultimate destination for luxurious Japanese eats served in style

It's been quite a while since we last visited, some three years ago, but upon entering, it's pretty obvious that OKKU has not lost its charm. Accompanied by a new guest in town who has never been, this is evidently still the place to impress guests. Despite it being a school night, the trifecta of lounge, bar and restaurant are all busy and unlike many other restaurants we have experienced, waiting staff are fully switched on; quick to refill and clear glasses, and not more than a few steps away when something is required.

The familiar eclectic surroundings have remained the same without appearing dated and the bar area with its electric blue aquarium with jellyfish bobbing about is both mesmerising and relaxing. As the resident DJ spins the decks to help us unwind as we sip on a pre-dinner aperitif, we're feeling very chilled by the time we head to the candlelit staircase to a cellar-like chic, and very black low-lit dining area.

We begin with the ubiquitous edamame to whet the appetite but far from being the plain variety with a generous sprinkling of rock salt, these are served in a truffle teriyaki dressing which leaves

you licking both your fingers and your lips hungrily for even the tiniest amount of residue. Plates of robata grilled padron peppers and green beans with yuzu and truffle aioli are equally impressive.

To continue, a succulent lobster salad with its sweet tender morsels of meat flanked by creamy avocado and refreshing cucumber, is the perfect prelude to a flurry of small dishes that appear as if magic, in continuous succession. Highlights (although they are all good) are the beef tacos, which encase a steak tartare and spring onions in a sweet potato crunchy outer shell, glazed with sweet sesame soy; the avocado volcano, a delightful vegetarian dish of enoki mushrooms stuffed into half an avocado, which arrives on a bed of flames; and the crunchy Hamachi grilled rice cake, with its crisp base, topped with yellowtail tartare and spicy mayonnaise.

Mains of Seabass ease any guilt, prepared steamed, with lashings of fiery ginger and garlic sesame-soy vinegar to re-energise the tastebuds for more edibles, while the Wagyu Shioyaki, served on a Himalayan salt stone, sizzles vigorously as it continues to cook when given pride of place in the middle of our table. However, it is devoured

TOP 3

Must-Try Dishes

Beef tacos, Dhs85
Wagyu Himalayan
Shioyaki, Dhs320
Green tea tart, Dhs50



OKKU'S TARABA SALAD

SERVES 2

INGREDIENTS

75g king crab (poached in boiling water for 5 minutes, rested for 25 minutes and then peeled)
35g avocado

20g burdock roots, fried
250ml tomato juice
A pinch of chives
20g petite Asian mixed microgreens
10g baby spinach
30g cucumber
20g rocket leaves
FOR THE YUZU AVOCADO DRESSING
175g canned tomatoes

250ml tomato juice
2 tsp truffle oil
2tsp lemon juice
1 tsp lime juice
1 tsp white vinegar
3 tbsp soya bean oil
1 ½ tbsp fried red onions
25ml water
13ml yuzu juice
1 tsp avocado
1 tsp sugar
½ tsp salt
½ tsp ground black pepper

METHOD

- 1 Place all the ingredients for the dressing into a blender and pulse until well combined.
- 2 Combine the avocado, cucumber, baby spinach, rocket and petite Asian greens.
- 3 Drizzle 30mls of dressing on top and toss to combine.
- 4 Distribute the leaves between plates.
- 5 Using same bowl, place the king crab and the remainder of the salad dressing and toss to coat.
- 6 Top the salad with the crab, sprinkle on the chopped chives and a few fried burdock strips.
- 7 Finish with a sprinkle of the French marigold flowers.

What to wear AT OKKU

Jacket,
Dhs305,
Next



Dress,
Dhs360,
Lipsy



Ear Cuff,
Dhs35,
Accessorize

Clutch,
Dhs305,
Dune



Shoes,
Dhs470,
Dune



with speed, without any risk of it being overdone and each bite is perfectly juicy and tender.

There are a number of desserts from the passion fruit and ginger crème brûlée, which was certainly a hit with our guest, to the exotic yuzu tart, reminiscent of a good lemon meringue. However, the star of the show was the green tea tart. Had it not been presented to us, I would never have ordered it, as its description is unappealing, but believe us when we say that it is definitely up there in our list of best dessert experiences. We hope that they change the name, or else it might just be Dubai's best kept secret!

A final note on our experience, because to be honest, on Dubai's competitive culinary scene, it is a case of going big with flavours or going home, in order to succeed: dining is a multi-sensory experience, and while many may live up to the taste factor, service lets one too many an establishment down, which is why OKKU is a refreshing change from the norm. Unlike other similar upscale and well-known international brands of the same genre, this homegrown concept has refined the art of hospitality without a hint of snootiness, which for us gives it the edge over the others. We never once had to gesture for attention because our table was efficiently waited on and our every want anticipated, and yet our conversation was never disturbed. As our guest commented, "They are so attentive, yet they are invisible. That is amazing service." We'd be inclined to agree. [@](#)

INFO: 12noon-3pm, 7pm-3am daily, The H Dubai, Sheikh Zayed Road, 04 501 8888, www.okku.com

The Coolest Goodies and Gadgets for the Gourmet Mum

Gift her something she'll love...





8



10



9



12



11



13



14

- 1 6 Flowerpot Muffin Cases, Dhs40, Lakeland
- 2 UMBRA Pelica CookBook Stand, Dhs230, Lakeland
- 3 Electric S'mores Maker, Dhs295, sharperimage.com
- 4 Maximatic 3-in-1-Breakfast Maker, Dhs150, Amazon.com
- 5 Hamilton Beach Pizza Maker, Dhs200, Amazon.com
- 6 Kenwood Blend X Pro, Dhs1300, Lakeland
- 7 Cordless Warming Tray, Lakeland, Dhs370
- 8 Stuffed Burger Maker, Dhs75, Lakeland
- 9 3 Tier Drink Dispenser, Dhs260, Zgallerie.com
- 10 3 Tiered Fruit and Cheese Serving Set, Dhs185, Amazon.com
- 11 Jar Separator, Dhs35, cuppow.com
- 12 Appetiser Bites Maker, Dhs150, Awesomeinventions.com
- 13 Boomerang Wok, Dhs530, Amazon.com
- 14 Churro and Empanada Maker, Dhs215, Amazon.com

HOW TO...

MAKE SAMOSAS

PUNJABI SAMOSAS

MAKES 12

INGREDIENTS

FOR THE SAMOSA PASTRY

2 cups all-purpose flour
4 tbsp ghee (clarified butter) or oil
5-6 tbsp water
1 tsp carom seeds
¾ tsp salt

FOR THE FILLING

3 medium size potatoes
¾ to 1 cup canned chickpeas,
drained
1 green chili, chopped finely
½ tsp ginger puree
1 tsp garlic puree
¾ tsp garam masala powder
¼ tsp red chilli powder
1 tsp dry mango powder
1 tsp fennel powder
1 tsp coriander powder
¾ tsp cumin seeds
2 tbsp fresh coriander leaves, chopped
2 ½ tsp oil
Salt, to taste
Oil for frying

These authentic snacks from Punjab in India are a vegetarian delight, packed with spicy flavours. The traditional filling calls for a mix of potatoes with green peas, but we have substituted the peas for chickpeas instead

**STEP 1**

Using a rolling pin, roll out the pastry into a circle, then cut the circle in half using a knife.

**STEP 2**

Apply a little water to the straight edge of the pastry using your fingertips. Join the watered edge with the plain edge.

**STEP 3**

Make a cone from the pastry, and press the edges to seal well.

**STEP 4**

Place some of the prepared samosa filling into the cone, about a tablespoon.

**STEP 5**

Apply some water to the circular edges as before and pinch to seal.

**STEP 7**

Place the samosas on a work surface, pressing the sealed circular edges so that they stand, and be sure there are no cracks in the pastry.


**STEP 8**

Repeat the process until all the dough and filling is used.

**STEP 9**

Heat the oil in a deep frying pan. Fry the samosas in batches and lower the heat to medium-low, turning once until golden brown.

**STEP 10**

Remove from the oil and drain the samosas on paper towels. Serve with chutney and a cup of hot tea. 

METHOD

- 1 Begin by making the pastry. Place the flour, carom seeds and salt in a bowl. Combine and then add the ghee or oil.
- 2 Using your fingertips, rub the ghee or oil in the flour until the mixture resembles breadcrumbs.
- 3 Add 1 or 2 tablespoons of water to bring the mixture together into a ball.
- 4 Add more water as required, a little at a time. Knead into a firm dough.
- 5 Cover the dough with clingfilm or a damp tea towel and allow to rest for 30 to 40 minutes.
- 6 Prepare your filling by boiling the potatoes in a pan until they are cooked completely.
- 7 Peel the potatoes and cut into small cubes and combine with the chickpeas.
- 8 Heat a small amount of oil into a medium saucepan set over a medium high heat.
- 9 Add the cumin, green chillies, ginger and garlic pastes and sauté for about 30 seconds.
- 10 Lower the flame and add all the dry spice powders one by one.
- 11 Add the potatoes and chickpeas to the mixture, along with some salt, to taste.
- 12 Sauté for a further two to three minutes.
- 13 Remove from the heat, add the chopped coriander and stir well. Set aside.
- 14 Knead the rested dough lightly again and shape the mixture into six equal balls.

3 ways with... CINNAMON

Used to enhance the flavours of both sweet and savoury dishes, cinnamon is a powerful antioxidant which also boosts the metabolism. Check out our three ways to add some feel-good factor to your weekly menu



1

INDIAN VEGETABLE PILAU

SERVES 4

This traditional rice dish is packed with flavour and tasty veggies

INGREDIENTS

400g basmati rice
1 tbsp vegetable oil
2 tbsp ghee or melted
unsalted butter
1 cinnamon stick
6 cloves
4 cardamom pods, lightly
crushed

2 bay leaves
2 onions, peeled and finely
sliced
1 tbsp garlic puree
½ tbsp ginger puree
1 tbsp green chilli puree
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 tsp red chilli powder
1 ½ tsp salt
75g green beans
150g cauliflower, cut
into florets
1 large carrot, peeled and
finely chopped

100g peas, thawed if
frozen
850ml water

METHOD

- 1 Wash the rice in several changes of water until the water runs almost clear. Allow to soak in water once cleaned, for at least 30 minutes. Drain well and set aside.
- 2 Heat the oil and one tablespoon of ghee or butter in a wide, heavy-based pan and add

the cinnamon, cloves, cardamom and bay leaves.

- 3 Fry for a minute until they begin to crackle and smell fragrant.
- 4 Add the onions and fry for another six to eight minutes, stirring frequently until soft and golden brown.
- 5 Add the garlic, ginger and green chilli purees and stir for about 30 seconds.
- 6 Stir in the turmeric, cumin, coriander and chilli powder and fry the mixture for another minute.

2



CHIA CHAI LATTE

SERVES 2

A three-step healthy breakfast recipe for a great start to the day

INGREDIENTS

- 1 can of whole coconut milk
- 1 cup of unsweetened vanilla almond milk,
- 6 tbsp of chia seeds
- ¼ cup honey
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- ½ tsp ground nutmeg

- 1 tsp fresh grated ginger
- ½ tsp ground black pepper
- ½ tsp ground allspice
- Raspberries, to serve

METHOD

- 1 Combine all the ingredients together in a tall container, mixing thoroughly to eradicate lumps.
- 2 Place in the refrigerator overnight.
- 3 Stir and top with raspberries before serving.
- 7 Add the remaining ghee or butter, the salt and all the vegetables to the pan.
- 8 Sauté for three to four minutes.
- 9 Add the water to the mixture and bring to the boil.
- 10 Once the water has reached boiling point, add the rice and stir.
- 11 Cover the pan and turn the heat down to low.
- 12 Allow the rice to cook untouched for five minutes, then stir once, to combine the spices that settle toward

the bottom of the pan in a folding action.

- 13 Cover and allow to cook again for another five minutes. Stir and cover again.
- 14 Leave the rice untouched for five minutes, then remove from the heat.
- 15 Serve with yoghurt combined with mint leaves, coriander and a little salt to taste.

Top tip

It's important to cook the rice at a very low temperature so that it steams and doesn't burn at the bottom. You might think it's so low that it won't cook, but have a little faith for an impressive final result

MINI CINNAMON DOUGHNUTS


MAKES 30

A heart-warming family recipe for everyone to enjoy

INGREDIENTS

- 4 tbsp unsalted butter
- 1 tsp vanilla extract
- ½ cup all-purpose flour
- ½ cup instant mashed potatoes
- 1 ½ cups sugar
- ½ tsp salt
- 3 large eggs plus 1 egg white
- 2 tbsp ground cinnamon
- Vegetable oil, for frying

METHOD

- 1 Combine ½ cup water with the butter and vanilla in a medium saucepan.
- 2 Bring to a simmer, stirring to melt the butter.
- 3 Remove from the heat and stir in the flour, instant mashed potato, ½ cup sugar and the salt.
- 4 Return the pan to a medium heat and stir until the dough is tight and doesn't stick to the sides of the pan, about two minutes.
- 5 Transfer the dough to a stand mixer or a medium bowl and allow to cool for about 10 minutes.
- 6 Beat the dough with the paddle attachment on medium-high or with a wooden spoon.
- 7 Add the eggs and egg white one at a time, beating until each egg is fully incorporated before adding the next.
- 8 Once the eggs are mixed in, beat until smooth and glossy, about one minute. Set the mixture aside for one hour.
- 9 Combine the remaining one cup of sugar and the cinnamon in a shallow dish.
- 10 Place a tall heavy-bottomed pot over medium heat and fill it about one-third of the way with oil and heat over a moderately high heat.
- 11 Using a small ice cream scoop, drop heaped scoops of dough into the oil in batches.
- 12 Fry, turning once, until golden brown, about six minutes.
- 13 Transfer the doughnuts with a slotted spoon to the cinnamon-sugar mixture and roll to coat. Serve warm. 

3





MY FAVOURITE DISH

MOUTABEL

Chef Yves Lafond is the executive chef behind the expert culinary creations at all five of the restaurants at Anantara's Qasr Al Sarab Desert Resort. Specialising in French and Arabic fusion, his favourite recipe is a simple dish of moutabel. Here is his recipe for the famed dish, renowned throughout the region.

"I love this dish with its flavour combination of lemon, garlic, mint and aubergines because it is easy to make at home and makes a great dip for homemade pitta chips or grilled meat at a weekend barbeque"

CHEF YVES LAFOND



Chef's tip

This recipe calls for lemon salt which is available at any speciality market, but lemon juice can also be used. However, with lemon juice the moutabel will go sour after a day or two and is only advisable if you are intending to consume it the same day.

MOUTABEL

SERVES 4


INGREDIENTS

- 2 large aubergines
- 6 cloves of garlic, pureed
- 200ml tahina (sesame seed puree)
- ½ tsp lemon salt
- ½ tsp salt
- 100ml extra virgin olive oil
- 1 tsp freshly chopped mint, to garnish
- 5-6 pomegranate seeds, to garnish

METHOD

- 1 Light a small charcoal barbecue or preheat the oven to 180C.
- 2 Using a small knife, score the skin of the

aubergines evenly around about 10 or 12 times, so that they are about 2 ½ cm deep.

- 3 Roast the aubergines either on a medium heat over the barbecue or place in the oven for about 10 to 15 minutes, until the aubergine is soft and squishy to touch.
- 4 Remove from barbecue or oven and allow to cool for five to 10 minutes.
- 5 Slice the aubergines in half.
- 6 Scoop the pulp out onto a baking tray, spreading it so that it cools faster, then transfer to the refrigerator to cool completely.
- 7 Place the cooled aubergine pulp into a bowl.
- 8 Add the rest of the ingredients and mix well until smooth. Refrigerate until required.
- 9 Garnish with mint, pomegranate seeds and extra virgin olive oil. 

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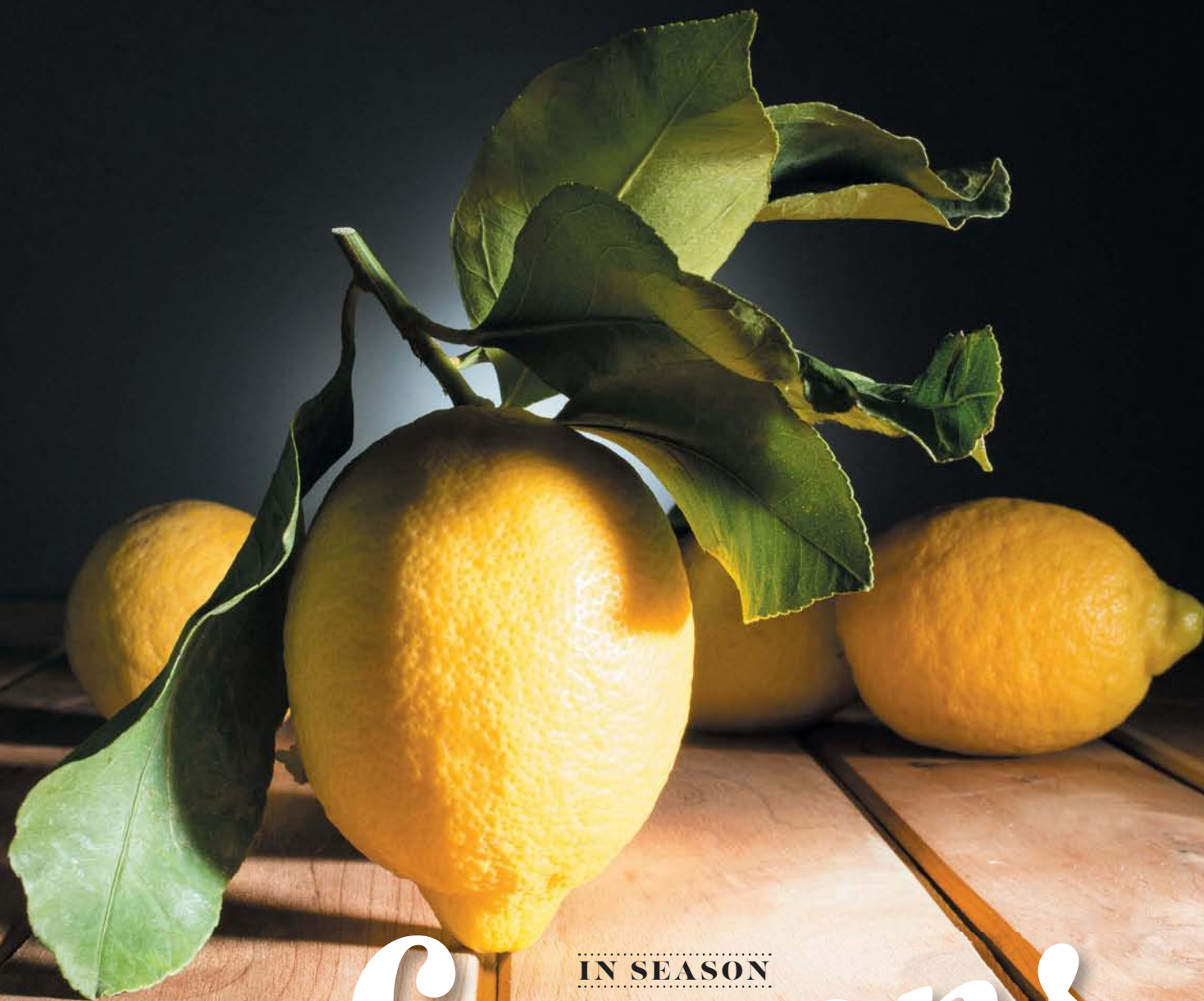
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IN SEASON

Lemons

Used as a common flavouring ingredient, lemons add their own unique tangy aroma to a wide spectrum of dishes from savoury to sweet. Considered a flavour catalyst, they enhance the tastebuds for a better tasting plate, so get squeezing!



Did you know...

Because of their high Vitamin C content, lemons prevent scurvy, a disease that causes bleeding gums, loose teeth and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of juice a day



CHICKEN FILLETS WITH LEMON CREAM SAUCE

SERVES 4

This winning combination is sure to become a family favourite

INGREDIENTS

FOR THE MARINADE

4 skinless, boneless chicken breast fillets

1 lemon, juiced

1 tsp lemon zest

1 tsp pepper

2 tsp Italian herb seasoning

Salt to taste

FOR THE COURGETTES

3 medium size courgettes

A drizzling of oil

Salt and pepper, to taste

FOR THE LEMON CREAM SAUCE

125g butter

½ large onion, minced

125ml white wine or white grape juice

2 tbsp plain flour

250ml double cream

250ml milk

1 lemon, juiced

METHOD

1 Place the chicken breasts in an oven-proof baking dish.

2 Squeeze the juice of one lemon over the chicken, and season with lemon zest, pepper, Italian seasoning and salt.

3 Cover with clingfilm, and marinate in the refrigerator for two hours or overnight.

4 Prepare your courgettes by cutting off the tops and tails and slicing them lengthways

into slices about 5 mm thick.

5 Brush the strips on both sides with oil and season with salt and pepper.

6 Place them in a roasting tray and set aside.

7 Preheat an oven to 180C.

8 Remove the clingfilm from the chicken breasts and replace with a covering of aluminium foil.

9 Cook the chicken breasts until no longer pink in the centre and the juices run clear, about 30 to 40 minutes.

10 During the last 20 minutes of cooking, place the courgettes in the top part of the oven, turning halfway

through cooking.

11 Meanwhile, melt the butter in large saucepan over a medium-high heat.

12 Add the onions and white wine or grape juice and cook and stir until the onions are soft.

13 Lower the heat to medium and whisk in the flour.

14 Gradually whisk the double cream into the flour mixture.

15 Stir in the milk and remaining lemon juice.

16 Plate the chicken fillets with the courgettes.

17 Pour the cream sauce directly over the chicken breasts and serve.

Did you know...

Mix some olive oil and lemon juice together to make a solution that will condition weak and brittle nails and whiten them too!



LEMON MERINGUE PIE

MAKES 1 PIE

A classic that never fails to please

INGREDIENTS

1 ½ cups sugar
 7 tbsp cornflour
 A dash of salt
 1 ½ cups water
 3 egg yolks, beaten
 1 tsp lemon zest
 2 tbsp butter
 1/3 cup lemon juice
 1 shop bought pie crust
FOR THE MERINGUE
 3 egg whites
 1 tsp lemon juice
 6 tbsp sugar

METHOD

- 1 Place the sugar, cornflour and salt into a saucepan and stir in the water.
- 2 Bring the mixture to the boil over medium heat and cook and stir until thick, about five minutes. Remove from the heat.
- 3 Stir a small amount of the hot mixture into the egg yolks, then return the egg yolk mixture to the saucepan.
- 4 Bring the mixture back to the boil, stirring constantly. Remove from the heat.
- 5 Add the lemon peel and butter.
- 6 Slowly stir in the lemon juice.
- 7 Allow to cool until lukewarm, before pouring the mixture into the pie crust. Set aside.
- 8 Preheat the oven to 180C.
- 9 Make the meringue topping by beating the egg whites with the lemon juice until you achieve soft peaks.
- 10 Gradually add the sugar, beating until stiff peaks form and all the sugar has dissolved.
- 11 Spread the over filling, right to the edges to avoid shrinking while it is baking.
- 12 Bake for 12 to 15 minutes or until the meringue is golden brown.
- 13 Cool the pie completely before serving.



COD WITH KALE AND LEMON RISOTTO

SERVES 4

A healthy fish supper with oodles of flavour

INGREDIENTS

500g cod fillets, thawed if frozen, cut into serving pieces
¾ tsp dried dill
¼ tsp salt
¼ tsp pepper
4 tbsp plus 2 tsp extra virgin olive oil
1 medium onion, halved lengthwise and sliced
2 cloves garlic, minced
1 bunch kale, coarsely chopped
¼ cup water or chicken broth
1 medium carrot, thinly sliced
FOR THE LEMON RISOTTO
2 shallots
1 rib celery
¼ cup unsalted butter
1 tbsp olive oil
1 1/3 cups Arborio rice

4 cups vegetable stock
½ lemon, zested and juiced
Needles from 2 small sprigs fresh rosemary, finely chopped
1 egg yolk
4 tbsp grated Parmesan, plus more to garnish
4 tbsp double cream
Black pepper, to taste

METHOD

- 1 Begin by preparing the risotto. Place the shallots and celery into a mini food processor and pulse until they are finely chopped.
- 2 Heat half the butter, the oil and the shallot and celery mixture in a wide saucepan, and cook to soften the mixture for about five minutes, making sure that it doesn't stick.
- 3 Mix in the rice, stirring to give it a good coating of oil and butter.
- 4 Meanwhile, heat the stock in another saucepan and keep it at simmering point.
- 5 Add a ladleful of the stock

into the rice and keep stirring until the stock is absorbed.

- 6 Add another ladleful and stir again. Continue doing this until the rice is al dente. You may not need all of the stock, but at the same time you may need to add hot water from the kettle.
- 7 Mix the lemon zest and the rosemary into the risotto.
- 8 Beat the egg yolk, lemon juice, Parmesan, cream and pepper in a small bowl.
- 9 When the risotto is ready and the rice is no longer chalky, but still has some bite, remove from the heat and add the bowl of egg and lemon mixture, the remaining butter and salt, to taste.
- 10 Check the seasoning and add more Parmesan if you wish. Set aside.
- 11 Sprinkle the fish evenly with dill, salt and pepper.
- 12 Heat two tablespoons of oil in a large frying pan set over a medium heat.
- 13 Add the fish fillets and cook for three minutes on each

side to brown lightly.

- 14 Remove the fish and set aside.
- 15 In same frying pan, heat two tablespoons of oil over a medium heat.
- 16 Add the onion and garlic. Cook, stirring intermittently for two minutes.
- 17 Add the kale and cook, stirring, until the kale begins to wilt, about two minutes.
- 18 Place the fish fillets in the centre of the frying pan.
- 19 Arrange the carrot slices around the edge of the frying pan.
- 20 Drizzle the fish with the remaining two teaspoons of olive oil.
- 21 Cover and cook over a medium heat for 10 to 15 minutes or until the kale is tender and the fish flakes easily in centre.
- 22 Plate the risotto, garnishing with a few of the carrots from the pan.
- 23 Add the kale and place the cod fillet on top. Serve.



Did you know...

You can get more juice out of a lemon if it is at room temperature. Use the palm of your hand to roll the lemon on a table or countertop before cutting



Did you know...

During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips



LAMB CHOPS WITH LEMON AND MINT GREMOLATA AND PUY LENTIL SALAD

SERVES 2

Lamb and mint go hand in hand but the lemon adds an extra punch

INGREDIENTS

6 lamb chops
1 tbsp olive oil
1 tsp minced fresh rosemary
Salt and pepper, to taste
FOR THE LEMON-MINT GREMOLATA
Grated zest of 1 lemon
1 garlic clove, minced
1 tbsp minced fresh mint
FOR THE PUY LENTIL SALAD
1 tbsp olive oil
250g cooked puy lentils
1 red onion, finely sliced
½ lemon, juiced
½ red pepper, thinly sliced
A large handful mint leaves, roughly chopped
100g lamb's lettuce
85g feta cheese, crumbled

METHOD

- 1 Pat the chops dry with paper towels and rub on all sides with the olive oil.
- 2 Allow to stand at room temperature for 30 minutes.
- 3 Rub a pinch of rosemary on both sides of each chop. Season both sides of the meaty part of the chops lightly with salt.
- 4 Heat a large, heavy frying pan over medium-high heat until it is very hot, about three minutes.
- 5 Add the chops without crowding them in the pan.
- 6 Sear without moving them until golden, about two minutes.
- 7 Season with salt, turn the chops over and sear for two minutes more, making sure they are golden on both sides.
- 8 Transfer the chops to a rack set over a plate and allow to rest, uncovered, for 30 minutes.
- 9 Meanwhile, make the gremolata. In a small bowl, stir together the lemon zest, garlic and mint.
- 10 Make the salad by gently heating the lentils with the onion, red pepper, lemon juice, olive oil and salt and pepper to taste. Allow to cool slightly.
- 11 Toss the dressed lentils with mint and lamb's lettuce and scatter with feta. Set aside.
- 12 Heat the frying pan over a medium-high heat.
- 13 When it is hot, return the chops to the pan and reheat on each side for 30 seconds.
- 14 Season with pepper.
- 15 Arrange the chops on warmed plates, top with the gremolata and serve immediately with the puy lentil salad

ICED LEMON SLICES

MAKES 12

This is a delicious sweet and tart recipe that puts a zing into afternoon tea.

INGREDIENTS

FOR THE CAKE

125g unsalted butter

175g caster sugar

2 large eggs

The zest of 1 lemon

175g self-raising flour

A pinch of salt

4 tbsp milk

FOR THE SYRUP

The juice of 1 ½ lemons

100g icing sugar

FOR THE GLAZE

The juice of ½ a lemon

150g icing sugar

METHOD

- 1 Preheat the oven to 180C and butter and line a 23 x 23cm baking dish with baking parchment.
- 2 Cream together the butter and sugar.
- 3 Add the eggs and lemon zest, beating them in well.
- 4 Gently fold in the flour and the salt, mixing thoroughly and then add the milk.
- 5 Spoon the batter into the prepared tin and bake for 45 minutes or until a skewer inserted into the centre comes out clean.
- 6 Remove from the oven and puncture all over with the skewer.
- 7 Prepare the syrup by placing the lemon juice and icing sugar into a small saucepan and heat gently until the sugar dissolves.
- 8 Pour the syrup over the cake and allow the cake to cool completely before removing from the tin.
- 9 Make the icing by combining the lemon juice and icing sugar until smooth and white, adding a little more icing sugar if needed.
- 10 Make sure the cake is completely cool before drizzling with the glaze.
- 11 Cut into slices and serve.

Did you know...

If you only need a little lemon juice, roll the lemon on a table or countertop until it's pliable and poke a hole in one end with a toothpick. Squeeze the juice required, stick the toothpick back into the hole and refrigerate so the lemon stays fresh





Did you know...

The juice of half a lemon in warm water morning, noon, and night helps eliminate toxins and ease aches



LINGUINE WITH BROCCOLI, LEMON AND WALNUTS

SERVES 8

A brilliant vegetarian dish that's hearty and filling

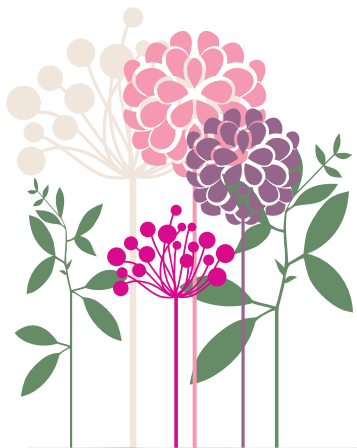
INGREDIENTS

1 cup walnut halves
 ½ cup freshly grated
 Parmesan cheese
 ¼ cup olive oil
 ¼ cup lemon juice
 2 tsp grated organic lemon
 zest
 1 clove garlic, minced
 ¾ tsp freshly ground black
 pepper
 1 cup broccoli florets, cooked
 al dente
 500g linguine

1 cup Italian parsley,
 coarsely chopped

METHOD

- 1 Preheat the oven to 180C. Place the walnuts on a baking sheet.
- 2 Toast the walnuts for about 10 minutes in the oven. Cool, and coarsely chop.
- 3 Whisk together the cheese, oil, lemon juice, lemon zest, garlic, and pepper in large bowl.
- 4 Cook the pasta according to the package directions.
- 5 Drain and reserve ½ cup of the pasta cooking water.
- 6 Add the drained pasta to the cheese mixture, and toss to combine, adding some pasta water if the mixture seems too thick.
- 7 Stir in the broccoli florets, parsley and walnuts, and season with salt and more pepper, if desired, before serving



MARVELLOUS MEALS For Mum

Spoil the most important woman in your life with this fabulous spread of day to night eats!



AFTERNOON TEASERS

ROSE SANDWICH PUFF PASTRY COOKIES

SERVES 12

Flowers and sugar... how could you go wrong? Try your hand at this amazing teatime treat

INGREDIENTS

*2 sheets of shop-bought frozen puff pastry, thawed
60g rose petal jam
1 cup icing sugar
2 tsp milk
2 tsp light corn syrup
¼ tsp almond extract
Pink food colouring
Sugared rose petals, to garnish*

METHOD

- 1** Heat the oven to 200C.
- 2** Unfold the pastry sheets onto a lightly floured surface.
- 3** Roll each of the pastry sheets into a 35cm x 25cm rectangle.
- 4** Cut out 24 9cm hearts using a cookie cutter.

- 5** Place the cut-outs onto a baking sheet.
- 6** Bake for 10 minutes or until the cookies are golden brown.
- 7** Remove the cookies from the baking sheet and allow to cool on a wire rack for 20 minutes.
- 8** In a small bowl, stir together the icing sugar and milk until smooth.
- 9** Beat in the corn syrup and almond extract until the icing is smooth and glossy.
- 10** If the icing is too thick, add more corn syrup.
- 11** Add the food colouring and mix to combine.
- 12** Take 12 of the cooled cookies and spread one teaspoon of rose petal jam evenly to the underside of each one.
- 13** Use the other 12 cookies to close them and make a sandwich.
- 14** Brush the cookies with the icing and allow to set.
- 15** Garnish with the sugar rose petals and serve.

KREMOWKA PAPIESKA

MAKES 9 SLICES

This traditional polish dessert is like a cream slice, except the cream is warm, gooey and delicious!

INGREDIENTS

*2 sheets of shop-bought frozen puff pastry, thawed
2 cups milk
¾ cup sugar
1 tsp vanilla extract
A pinch of salt
5 tbsp cornflour
6 large egg yolks
Icing sugar, for dusting
Rose petals, optional
YOU WILL ALSO NEED
An ice bath*

METHOD

- 1 Heat the oven to 200C.
- 2 Roll out each piece of puff pastry lightly into a smooth sheet, removing any seam lines.
- 3 Without cutting all the way through, lightly score each pastry sheet into nine sections.
- 4 Sandwich each puff pastry sheet between two pieces of parchment paper and two cooling racks. This will keep the pastry flat but still flaky.
- 5 Bake for 15 minutes, remove the top rack and top sheet of parchment paper. Replace the rack and continue to bake until golden and crispy throughout, about 15 more minutes. Allow to cool completely.
- 6 In a medium saucepan, bring the milk, sugar, vanilla, salt, cornflour and egg yolks to a boil, stirring constantly with a whisk.
- 7 Reduce the heat slightly and continue to boil for one minute, stirring constantly with a wooden spoon to get into the corners.
- 8 Take the pan off the heat and plunge it into the ice-water bath or, if you have lumps, strain it through a sieve into a pan or heatproof bowl set in the ice water.
- 9 Using a 33cmx23cm pan as a mould, place one layer of cooked puff pastry into the bottom of the pan.
- 10 Pour the hot pastry cream over it, and place second layer of cooked puff pastry on top.
- 11 Refrigerate until set. When ready to serve, using the pre-scored marks as guides, cut into 9 pieces.
- 12 Dust each piece with icing sugar before serving, garnishing with rose petals if you wish.



LOVELY LUNCH

SPICY LENTIL BURGERS

SERVES 4

A quick snack bursting with feel-good veggies

INGREDIENTS

1 ½ cups red lentils
¼ cup plus 2 tbsp extra-virgin olive oil
1 small onion, finely chopped
3 medium carrots, finely chopped
3 garlic cloves, minced
1 ½ tsp ground cumin
¼ tsp cayenne pepper
¾ cup plain, dry breadcrumbs

¼ cup coarsely chopped parsley leaves
2 large eggs, lightly beaten
1 tbsp salt
½ tsp freshly ground pepper
4 wholemeal bread buns, sliced
Four leaves of iceberg lettuce
1 large red onion, sliced
1 large tomato, sliced
Ketchup, optional

METHOD

- 1 In a large saucepan, cover the lentils with a generous amount of water and bring to the boil over a high heat.
- 2 Reduce the heat to moderate and simmer the lentils until they are very tender, about 10 minutes. Drain the lentils well.
- 3 Preheat your grill to medium heat.
- 4 Heat two tablespoons of olive oil in a medium frying pan.
- 5 Add the onion and cook over a moderately high heat, stirring frequently, until golden, about six minutes.
- 6 Add the carrots and two-thirds of the garlic and cook until the carrots begin to soften, about four minutes.
- 7 Stir in the cumin and cayenne pepper and then remove from the heat.
- 8 Mix in the lentils, breadcrumbs, three tablespoons of the parsley, eggs, salt and pepper.
- 9 Form the mixture into four evenly sized patties.
- 10 Line a baking sheet with foil.
- 11 Brush the foil and both sides of the burgers with the remaining ¼ cup of olive oil.
- 12 Grill until golden, about three minutes on each side.
- 13 Layer the lettuce, tomato and red onion on the bottom half of the sliced buns.
- 14 Top with the burger patty and a drizzle of ketchup.
- 15 Serve with a side of French fries.

COUSCOUS SALAD WITH CHICKPEAS, MINT AND POMEGRANATE

SERVES 4 TO 6

Bursting with flavour, this low-cal dish is a winner for lunch

INGREDIENTS

*2 cups couscous
100g flaked almonds
400g tin chickpeas, rinsed
and drained
1 tsp ground cumin
Juice of ½ lemon
Zest of 1 lemon
A large handful of mint
Seeds from two
pomegranates
Extra virgin olive oil, as
required
Salt and freshly ground
black pepper, to taste*

METHOD

- 1 Place the couscous in a bowl, cover with two cups of boiling water and a good drizzle of extra virgin olive oil.
- 2 Cover the bowl with a dinner plate and allow to stand for five minutes before fluffing up with a fork.
- 3 Drizzle some more olive oil as you fluff the grains if desired, this helps to separate the grains and adds extra flavour.
- 4 Season to taste with salt and freshly ground black pepper and set aside.
- 5 Meanwhile heat a large, non-stick frying pan over a medium heat.
- 6 Add the flaked almonds and toss until golden brown and toasted. Be careful not to burn them and toss the pan frequently to brown them evenly. Remove and allow to cool.
- 7 In the same pan add one tablespoon of olive oil and warm over a medium heat.
- 8 Add the drained chickpeas and cumin and season with salt and pepper.
- 9 Fry for four to five minutes, tossing often until crispy and golden.
- 10 Add the lemon juice and fry for another minute or two.
- 11 Add the cooked couscous and flaked almonds.
- 12 Add the pomegranate seeds, chopped mint, lemon zest and a tablespoon or two of olive oil and stir to combine.
- 13 Season with a little extra salt and pepper if required, before serving.





DECADENT DINNER

COLD AVOCADO AND CUCUMBER SOUP

SERVES 4 TO 6

A perfect summer starter to beat the heat

INGREDIENTS

1 large cucumber peeled, seeded and cut into 5cm chunks
1 large, ripe avocado, peeled
2 spring onions, both green and white parts, chopped

1 cup chicken stock
¾ cup sour cream
2 tbsp lemon juice
½ tsp freshly ground pepper, or to taste

TO GARNISH

A dollop of sour cream
A drizzle of olive oil

METHOD

1 In a food processor or blender combine

the cucumber, avocado and spring onions.

- 2** Pulse until the mixture is thoroughly chopped.
- 3** Add the chicken stock, sour cream and lemon juice and continue to process until smooth.
- 4** Season with salt and pepper to taste and chill for four to six hours.
- 5** Check for seasoning, then serve in chilled bowls with the garnish.

BAKED LEMON BUTTER SALMON, HONEY CHERRY TOMATOES AND TAGLIATELLE

SERVES 4

A healthy dinner packed with off-the-chart flavour profiles

INGREDIENTS

350g dried tagliatelle
50g butter
Finely grated rind and juice of one lemon
Salt and pepper, to taste
4 x 175g salmon fillets, skinned
4 tbsp chopped fresh parsley

FOR THE TOMATOES

500g cherry tomatoes
2 garlic cloves
1tbsp clear honey
3tbsp olive oil
A generous pinch of salt and pepper, to season

METHOD

- 1 Preheat the oven to 200C and lightly oil a roasting pan.
- 2 Halve the tomatoes and place them, cut side up, into a baking dish. They should fit with little or no space between them.
- 3 Crush the garlic with a pinch of salt, then beat with the

honey, olive oil, and a good grinding of pepper.

- 4 Spoon the mixture over the cherry tomatoes.
- 5 Roast for about 30 minutes, until golden, juicy, and bubbling.
- 6 In the meantime, boil a large pan of salted water for the pasta.
- 7 Melt the butter in a small roasting tin and add the lemon rind and juice. Season with plenty of salt and pepper.
- 8 Lay the salmon fillets in a roasting tin and turn them around in the lemony butter, finishing skinned-side down.
- 9 During the last 10 minutes of the tomato cooking time, place the salmon in the oven, until cooked through but still moist inside.
- 10 Throw the pasta into the pan of boiling water and cook according to the packet instructions until al dente.
- 11 Take the salmon out of the roasting tin and place on a warmed plate.
- 12 Drain the pasta, mix with the lemony buttery juices collected in the salmon roasting tin and add the parsley.
- 13 Serve with a side of honey cherry tomatoes.





VIVACIOUSLY Vegan

Put some va va voom in your diet with these delicious recipes

Veganism is rising through the ranks not only for those wishing to abstain from animal products for ethical reasons, but also for those wishing to adopt a healthier lifestyle. While this diet may seem restrictive, *Gourmet* have teamed up exclusively with new biorganic vegan café Tidjoori, to bring you this special compilation of recipes that are both tasty and easy to make. Tidjoori, translates as 'treasure or precious' from Hindi, and is the mission statement of the company; to care for people's health and the next generation. It is the brainchild of Krishnakoemar Khoenkhoen, a Dutch businessman who found it difficult to obtain fresh and healthy vegan food while travelling. Fuelled with passion and dedicated to making a difference, Krishnakoemar began researching ways that he could apply his culinary ethos of having healthy habits, eating right and treating our environment with care. He began by launching a range of biorganic and vegan food products that is now available in Europe, Hong Kong and India as well as the UAE under the 'Tidjoori' name. His first cafe in the Middle East is now open in Dubai Marina.

TIDJOORI COCONUT SOUP

SERVES 3

Creamy and spicy Thai flavours make this a delicious way to start a meal

INGREDIENTS

40ml sunflower oil
50g red onions, chopped
40g leeks, chopped
20g ginger, minced
15g lemongrass, minced
200g potatoes, cubed
700ml vegetable stock
100ml coconut cream
2g green chilli, minced



METHOD

1 Place the sunflower oil in a large saucepan set over a medium heat.

2 generous pinches of fresh coriander
45g sliced mushrooms, to garnish
1 tsp vegan butter

2 Add the onions, leeks, ginger, chilli and lemongrass and sauté for five minutes until the onions are translucent.
3 Add the potato cubes, stock and coconut cream.
4 Bring to the boil and simmer for 15 minutes until the potatoes are soft.
5 Add one pinch of coriander

and stir.

6 Add the vegetable stock and season to taste. Allow to simmer for five minutes.
7 In a separate frying pan, pan-fry the mushrooms over a high heat in the vegan butter.
8 Ladle the soup into bowls, garnish with mushrooms and coriander and serve.



TOFU OMELETTE

SERVES 4

Breakfast fit for a king

INGREDIENTS

*140g firm silken tofu,
drained and gently
patted dry*

70g hummus

5g garlic, minced

Salt and black pepper

3g paprika

10g cornflour

Olive oil, as required

FOR THE FILLING

*1 heaped cup of vegetables
of your choice (such as
onion, tomato, mushroom,
spinach)*

METHOD

- 1** Preheat the oven to 180C.
- 2** Drain and dry the tofu. Set aside.
- 3** Heat a medium-sized frying pan over a medium heat.
- 4** Once hot, add a little olive oil and minced garlic and cook for one to two minutes or until lightly golden brown.
- 5** Transfer the mixture to a food processor, along with the tofu and cornflour.
- 6** Blend to combine, scraping down the sides as needed.
- 7** Add one to two tablespoons of water to thin the mixture slightly. Set aside.
- 8** Place the frying pan back over a medium heat and add the olive oil and vegetables;

onion first, then tomatoes, mushrooms and spinach at the end. Set aside.

- 9** Remove the frying pan from the heat and make sure it's coated with enough oil so that the omelette doesn't stick.
- 10** Add the omelette batter to the frying pan.
- 11** Spoon ¼ of the vegetables on top, spreading thinly with a spoon or rubber spatula, being careful not to tear or make gaps. The thinner and more evenly you can spread it the better.
- 12** Cook over a medium heat on the stove top for five minutes until the edges start to dry.
- 13** Place the pan in the oven and bake until dry and deep

golden brown, about 10 to 15 minutes. The longer it bakes the less soft or wet it will be, so if you prefer a more well-done omelette, cook closer to 15 minutes or more.

- 14** During the last few minutes of cooking, carefully add the remaining vegetables to the omelette and cook for another one to two minutes to warm through.
- 15** Carefully remove from the oven, add the hummus and fold over gently with a spatula before serving. If it doesn't want to fold, you can serve it as a frittata or scramble!



RED EARTH PIZZA

SERVES 6

Boasting colour and beautiful flavours, this pizza will rock your world

INGREDIENTS

FOR THE DOUGH

1kg all-purpose flour
10g sugar
7g yeast
25g salt
30ml olive oil
400ml water

FOR THE TOPPING

50g basil pesto
100g roasted beetroot, sliced

½ red onion, sliced
50g cherry tomatoes, halved
1 tsp dried thyme
½ tsp salt
A pinch of black pepper
1 avocado, sliced

METHOD

1 Place all the dry ingredients for the dough in a mixing bowl.

2 Work the water into the dough and knead until you achieve a smooth dough.
3 Wrap the bowl with clingfilm and allow to rise for about 30 minutes.
4 Preheat the oven to 180C.
5 Once it has risen, flatten the dough and divide into 6 evenly sized balls.
6 Roll the dough balls out with a rolling pin to a thickness of

about 6mm.
7 Spread the basil pesto evenly on top.
8 Scatter the rest of the ingredients on the base except the avocado.
9 Bake for eight minutes or until the crust is golden.
10 Arrange the avocado on top and serve.

VEGAN CHOCOLATE CAKE

MAKES 4

This healthy recipe is the perfect sugar fix for anyone, anywhere!

INGREDIENTS

2 cups soy milk
2 tsp white or apple cider vinegar
1 ¼ cup apple sauce
2/3 cup canola oil
2 tsp vanilla extract
2 cups plus 2 tbsp all-purpose flour
1 1/3 cup granulated sugar
1 cup cocoa powder
2 tsp baking soda
1 tsp baking powder
¼ tsp salt

FOR THE CHOCOLATE GANACHE

500ml soy milk
60g cornflour
80g dark chocolate, melted
80g vegan butter, melted
20g cocoa powder
150g sugar
Glaze cherries to garnish, optional

METHOD

- 1 Preheat the oven to 180C.
- 2 Grease four muffin cups and dust with cocoa powder.

- 3 Mix the soy milk and vinegar and allow to set for about 10 minutes.
- 4 Add the oil, vanilla and apple sauce and beat until foamy.
- 5 Combine the flour, sugar, cocoa powder, baking soda, baking powder and salt in a bowl and then transfer to a sieve.
- 6 Sift the dry mixture into the wet mixture and then beat to eradicate any lumps. The mixture should be a creamy batter.
- 7 Bake for 26 minutes. Remove from the oven and allow to cool.
- 8 Prepare the ganache by heating the milk and cornflour until it begins to thicken and then remove from the heat.
- 9 Add the butter, chocolate, sugar and cocoa powder and mix until you achieve a thick, spreadable consistency.
- 10 Once the cakes have cooled, spread the ganache on top and garnish with cherries.

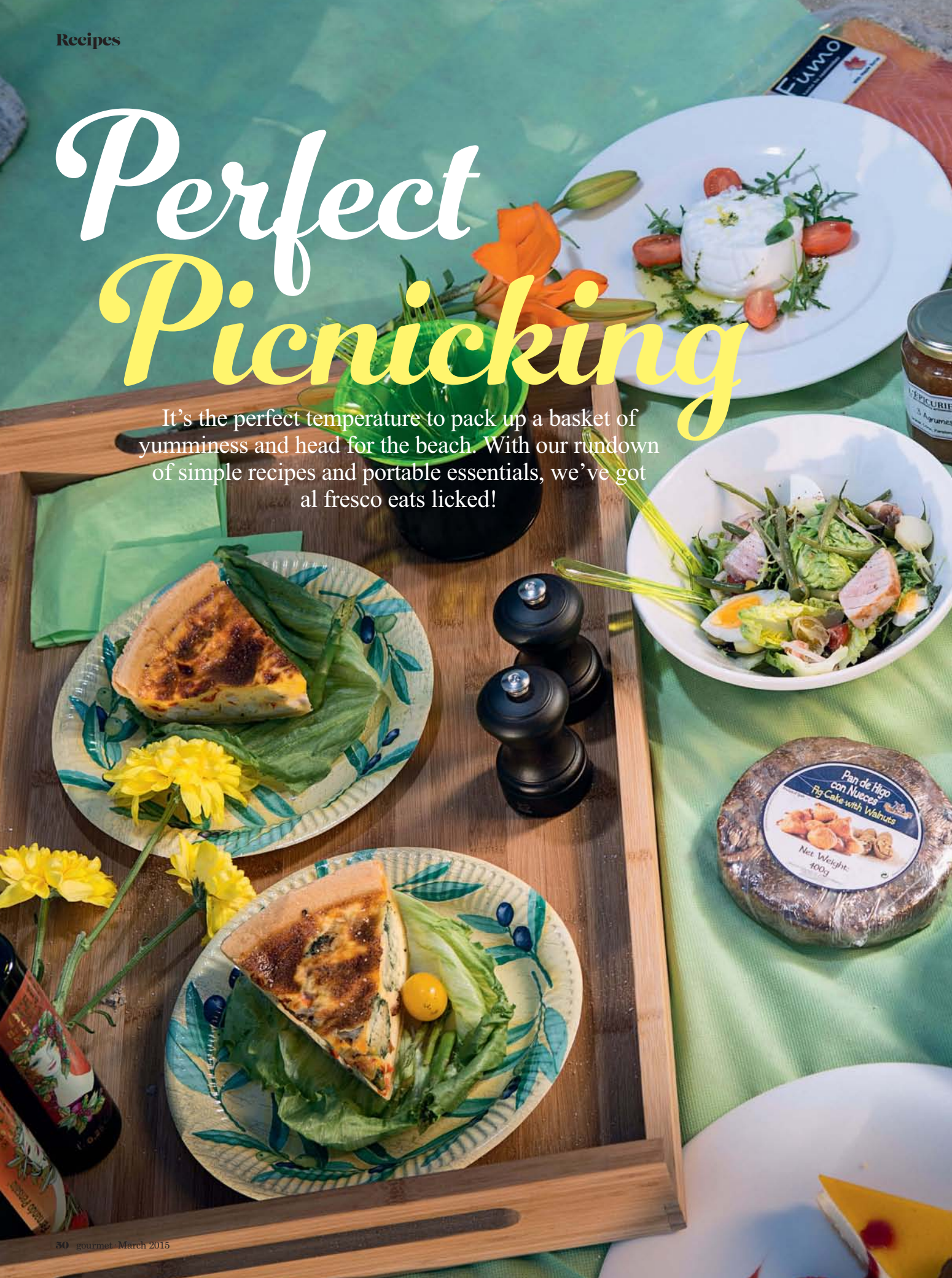


INFO: Trident Tower, Dubai Marina, 04 386 3131, www.facebook.com/TidjooriRestaurant



Perfect Picnicking

It's the perfect temperature to pack up a basket of yumminess and head for the beach. With our rundown of simple recipes and portable essentials, we've got al fresco eats licked!





Situated at the iconic Jumeirah Beach Hotel, Cove Beach is one of the newest additions to Dubai's culinary scene, combining luxury and elegance with flavours of the Med. The stunning seafront complex comprises an elegant restaurant, picturesque bar dedicated to pink grape and a coveted sea lounge. Amid amazing views of the Arabian Gulf and the Burj Al Arab, this is the perfect blend of Arabian-European fusion. Despite its achingly chic setting, this is where cuisine reigns supreme under the meticulous direction of Executive Chef Vergan Robert, whose concept is to deliver simple yet tastefully refined food. Try these recipes for your next outdoor gathering... they're a party for your palate!

GRILLED JUMBO PRAWNS WITH LOBSTER BUTTER

SERVES 8

INGREDIENTS

10 whole prawns
3 garlic cloves, crushed
50ml olive oil
50g oregano
4 lemons

FOR THE LOBSTER BUTTER

1 sprig of thyme
2 fresh lobster heads, crushed
20ml olive oil
3 tbsp tomato puree
250g butter
A pinch of saffron

METHOD

- 1 Butterfly the prawns, with the shell on and marinate in the garlic, olive oil and oregano for 24 hours.
- 2 Heat the 20ml for the lobster butter in a saucepan set over a medium heat.
- 3 Add the crushed lobster head, thyme, tomato paste and saffron and simmer for about 15 minutes.
- 4 Add the butter and simmer for a further 30 minutes.
- 5 Strain the mixture through a muslin cloth.
- 6 Remove the prawns from the marinade and place under a moderate grill, cooking for about three minutes each side, or until done.
- 7 Serve with a drizzling of lobster butter.



BURRATA WITH CHERRY TOMATO, OLIVE OIL, PESTO SAUCE AND ROCKET

SERVES 8

Simple and sophisticated, this beautiful Italian salad can be eaten plain or with a side of breadsticks for added pleasure

INGREDIENTS

1.2kg Burrata cheese
1 punnet of cherry tomatoes, halved
150ml olive oil
2 cloves of garlic, crushed
400g fresh basil leaves
100g pine nuts
50g rocket leaves
100g parmesan
Salt and pepper, to taste

METHOD

- 1 Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times, until finely chopped.
- 2 Add the garlic and Parmesan and pulse again.
- 3 Slowly add the olive oil in a steady small stream while the processor is still running.
- 4 Stop the processor and spoon the mixture into a bowl.
- 5 Season with salt and pepper to taste.
- 6 Cut the Burrata horizontally into half.
- 7 Place each piece of Burrata onto two plates.
- 8 Top with pesto sauce and garnish with cherry tomatoes and rocket salad.

CLASSIC NICOISE SALAD

SERVES 8

Packed with protein and veggies, this traditional French salad is sumptuous and slimming

INGREDIENTS

400g fresh tuna
250g green beans
350g new potatoes
80g baby gem lettuce
5 salted anchovy fillets
32 cherry tomatoes
8 hard-boiled eggs
225ml extra virgin olive oil
120g Dijon mustard
110g black olives
½ cup minced shallots
Salt and black pepper,
to taste

METHOD

- 1 Place the potatoes in a saucepan, cover with cold water and season with salt.
- 2 Bring the pan to a simmer over a medium-high heat and cook the potatoes until fork-tender, about 10 to 15 minutes.
- 3 Meanwhile, bring a separate pan of salted water to the boil.
- 4 Add the green beans to the boiling water; cook until crisp-tender and bright green for two to four minutes. Drain and immediately plunge into the ice water to cool.
- 5 Peel the eggs and allow to cool, before cutting lengthways into quarters.
- 6 Prepare the dressing by whisking the vinegar, shallots, mustard, ½ teaspoon of salt, and pepper to taste in a bowl.
- 7 Whisk in the olive oil in a slow steady stream until emulsified.
- 8 Toss the tomatoes in a small bowl with salt and pepper to taste.
- 9 Drizzle about 50ml of the dressing to the potatoes and toss to combine.
- 10 Divide the lettuce between eight plates.
- 11 Arrange the potatoes, green beans, hard-boiled eggs and tuna on top.
- 12 Pour any juices from the tomatoes into the dressing, then add the tomatoes to the plates.
- 13 Drizzle with dressing and top with olives before serving.





CHEESE CAKE WITH RED BERRIES AND STRAWBERRY COULIS

SERVES 8

INGREDIENTS

100g sugar
200g digestive biscuits
70g butter
FOR THE CREAM
200g Philadelphia cream
cheese
150g sugar
2 tsp vanilla extract
4 large whole eggs
**FOR THE STRAWBERRY
COULIS**
400g strawberries, halved
125ml water

125g sugar
150g raspberries
100g redcurrants

METHOD

- 1 Preheat the oven to 120C.
- 2 Prepare the base by combining the digestive biscuits with the sugar and butter.
- 3 Press the mixture into the bottom of a 23cm spring form pan. Set aside.
- 4 Beat the cream cheese with the sugar and vanilla extract to make the cream, and mix until well blended.
- 5 Add the eggs one at a time until fully combined.
- 6 Pour the cream over the crust and bake for 45 to 50 minutes until set in the centre.
- 7 Remove from the oven and allow to cool, before transferring to the refrigerator to cool completely, for four hours.
- 8 Bring the water and sugar for the coulis to the boil.
- 9 Add the strawberries and cook the mixture for about three to four minutes.
- 10 Puree the mixture with a hand blender and allow to cool.
- 11 Drizzle the coulis on top of the cheesecake.
- 12 Garnish with the raspberries and redcurrants and serve.

Picnic Essentials

Disposable Delights

Add a touch of colour to your spread with these single-use essentials from the 'Fun' range, available at all supermarkets. From candles to plates and disposable food containers, these mix and match options allow you to deck out your outdoor gathering in style.



Lafayette Gourmet at Galeries Lafayette can provide you with a whole basket of delicious delights for stress-free picnicking

Eccellenze Saffiotti breadsticks, Dhs33.35
Lussory non-alcoholic grape drink, Dhs50
Eric Kayser baguette, Dhs8
250g Brie slice, Dhs50.57
Fig cake with walnuts, Dhs40
Maxim's chocolate nougat fondant, Dhs64.95
Al Fumo salmon with maple syrup, Dhs36

INFO: 10am-10pm Sun-Wed, 10am-12midnight Thu-Sat, The Dubai Mall, 04 339 9933, www.galerieslafayette-dubai.com



Flower Power

Nothing adds romance to your picnic like flowers and a selection like these, available to order online for pick up or delivery comes courtesy of floral experts, Exotica. **INFO:** Sheikh Zayed road, exit 47, Safa 1 service road facing Toyota showroom, 04 33 88 913, Abu Dhabi, Tourist Club Area, Al Baraka Tower, 02 644 4416, toll free 800 EXOTICA, www.exotica.com



What My Mother Taught Me

In an ode to our mothers, this is a collection of personal recipes from the region's famous foodies that have been handed down for generations



JASMINE BANDALI
EDITOR,
GOURMET
MAGAZINE

"I am originally Indian, but my parents are from Tanzania in East Africa, so the kind of food I grew up on was a mix of both cultures; spicy curries mellowed down with coconut cream and Indian and African snacks, a mishmash

of kachoris (lentil stuffed dough balls) and samosas, African fried kebabs and cassava chips. This recipe is one of my favourites and is an East African speciality, called 'Mandazi' or 'Mahamri', which are peddled on the streets back in Tanzania. They are basically a flat, sweet doughnut minus the glaze, and are yummy when eaten plain with a cup of tea, with jam for breakfast or even as an accompaniment to curry. They're best eaten hot, which is exactly how I ate them as a little girl. This recipe invokes all the sweet memories from my childhood, when we would hover around my mum, eager to get hold of one almost directly out of the pan; something that my own kids do today when I make them!"

MANDAZI MAKES 16

INGREDIENTS

2 cups plain flour
1 cup self-raising flour
1 tsp dried-active yeast
 $\frac{3}{4}$ cup sugar
1 can coconut milk
Milk, as required
Sunflower oil

METHOD

- 1 Combine all the dry ingredients in a large bowl and make a well in the centre.
- 2 Add the coconut cream and knead the mixture into a dough.
- 3 Add milk as required and knead vigorously until the dough is smooth and elastic.
- 4 Cover the bowl with a tea towel or clingfilm and allow to rest in a warm place for an hour, or until doubled in size.
- 5 Roll the dough on a lightly floured board until it is about $\frac{1}{2}$ cm thick. Cut into triangles.
- 6 Heat some sunflower oil in a pan set over a medium-high heat.
- 7 Once the oil is hot, but not smoking, drop the mandazi in batches into the oil.
- 8 They will cook quickly, but they need about 30 seconds on each side, so if you find that they are browning too fast, lower the temperature a little.
- 9 When they are golden brown and puffed on each side, remove from the pan and drain on paper towels.
- 10 What are you waiting for? Just eat them!



COFFEE AND WALNUT CAKE WITH VANILLA BUTTER CREAM (USING CAMP COFFEE)

MAKES 1 CAKE

INGREDIENTS

FOR THE CAKE

2 tbsp chicory and coffee essence (e.g. Camp) or if you prefer, 2 tbsp of your favourite strong black coffee or espresso
175g butter, softened
175g caster sugar
3 medium eggs
175g self-raising flour
100g walnuts, chopped into small pieces

FOR THE FILLING

125g butter, softened
250g icing sugar
2 tsp vanilla essence

TO DECORATE

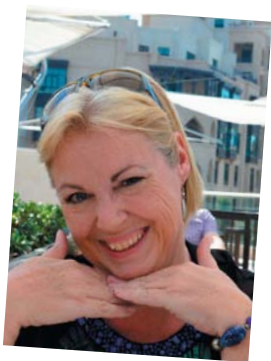
6 to 8 walnut halves finely chopped
Icing sugar, for dusting

METHOD

- 1 Preheat the oven to 180C.
- 2 Lightly grease and flour two 18cm round sandwich tins with butter and line the base with a circle of baking parchment.
- 3 Place all the cake ingredients

(except the walnuts) into a food processor and blend until smooth.

- 4 Gently stir in the walnut pieces
- 5 Divide the mixture equally between the sandwich tins and spread out to level the surface.
- 6 Bake in the centre of the oven for 25 to 30 minutes, or until the cakes are firm to the touch in the centre and spring back when lightly pressed (or until a toothpick comes out clean).
- 7 Remove from the oven and leave to cool in the tins for five to 10 minutes, then remove the cakes from the tins and transfer to a wire rack to cool completely.
- 8 Prepare the filling by beating together all of the ingredients until smooth (either by hand with a whisk, or with an electric beater).
- 9 Add a small amount of boiling water if the mixture is still very thick; drop by drop so the mixture doesn't get too runny.
- 10 Sandwich the two cakes together using half of the butter cream and spread the rest over the top of the cake.
- 11 Lightly sprinkle the walnuts over the top of the cake and dust with a little icing sugar, to serve.



DEBBIE ROGERS
FOUNDER
OF FOOD
BLOG, WWW.COFFEECAKESANDRUNNING.ME

"This is a recipe handed down from my mum, which has particular relevance to me, as I think it's from this that I developed my love

for coffee and cake. In fact my website is called CoffeeCakesAndRunning, so you can probably see the link. As a child, my introduction to drinking coffee was making and drinking Camp; a chicory and coffee essence liquid. It's certainly not the real thing but it was also used in this cake. I vividly remember her making this during the school holidays, almost every day, while she was at home recuperating from a nasty car accident. Coming home from school and smelling that freshly baked coffee cake is an everlasting special moment"



GOAN MACKEREL PICKLE

SERVES 6

INGREDIENTS

6 small mackerels
15 cloves fresh garlic, thinly sliced
2 tbsp chilli powder
1 ½ tbsp turmeric powder
1 tsp tamarind paste
½ tsp mustard seeds
½ tsp fenugreek (methi) seeds
¼ tsp asafoetida
3 tbsp oil
Salt, to taste

METHOD

- 1 Cut each mackerel into 3 pieces each – make sure the mackerel is small and as fresh as can be.
- 2 Wash and clean the fish well.
- 3 In a bowl mix together the chilli, turmeric, tamarind and salt.
- 4 Combine the mackerel with the chilli paste and set aside.
- 5 Heat the oil in a pan and add the mustard and fenugreek seeds.
- 6 When they pop, add the asafoetida and stir.
- 7 Add the chopped garlic and fry for a few minutes.
- 8 Place the chilli paste mackerel into the pan and fry over a low heat for about 10 minutes.
- 9 Turn halfway through the cooking time to ensure it is cooked through.
- 10 Leave to cool and refrigerate. It will keep for up to four days.



RUPAL BHATIKAR
FOUNDER OF
FOOD BLOG
WWW.FOODIENFABULOUS.COM

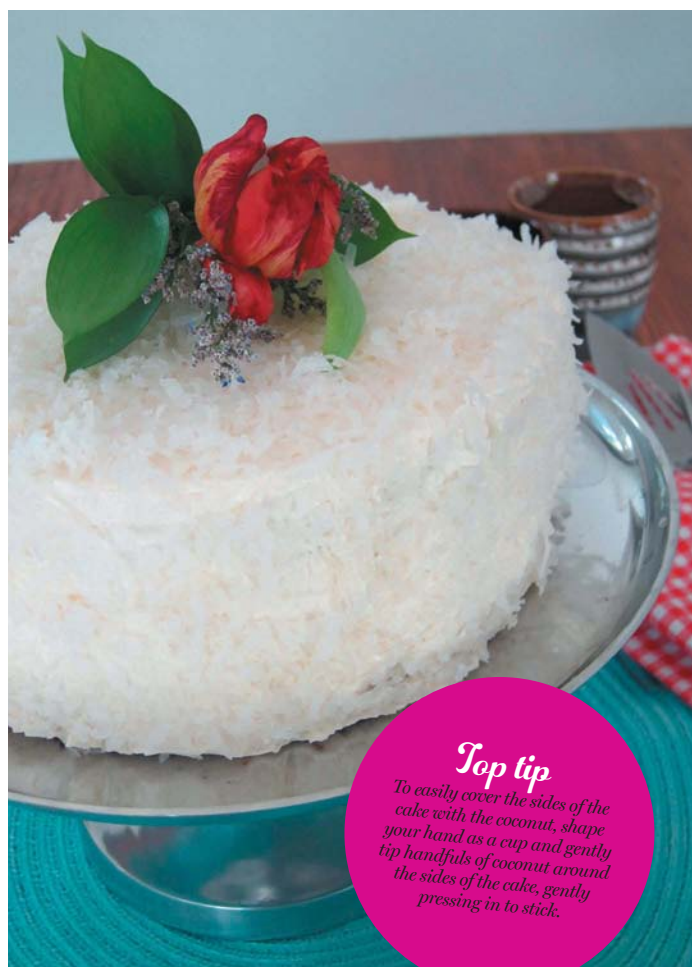
“My love for food started young – spending hours sitting in the kitchen,

watching my mum go about cooking our usual meals using fresh seasonal ingredients to create simple homely food from scratch. A long day at work never deterred her from making us scrumptious meals, something that inspires me to make a home cooked meal every day. Being big fish eaters in Goa, the mackerel pickle was an accompaniment we enjoyed often. The key to success of this dish, something I learnt from my Mum, lies in the freshness of the fish – she would ensure we bought the smaller mackerels, and cooked it on the same day we bought it”



GINA PITSTONE
FOUNDER OF
THE BRAND
'WHIPPED, THE
NEIGHBOURHOOD
BAKERY', WHICH
CAN BE FOUND AT
THE ARTE MARKET
AT TIMES SQUARE
EVERY SECOND
FRIDAY OF THE
MONTH

"This is a very special recipe that is not only dear to my heart but to my mum's as well. Her grandmother made it every year in the spring and after she passed away, my mother continued the tradition, making the cake for her father as it was always a favourite and reminded him of his childhood. Nothing is more special than creating a dish for someone when it holds such strong and deep connection to the past, especially reminding you of someone you love. I'm now serving up this beauty to my kids and husband in honour of my mum and our bond as mother and daughter, missing her all these miles apart on mother's day"



***Top tip**
To easily cover the sides of the cake with the coconut, shape your hand as a cup and gently tip handfuls of coconut around the sides of the cake, gently pressing in to stick.*

COCONUT AND WHITE CHOCOLATE LAYER CAKE

SERVES 10 TO 12

INGREDIENTS

FOR THE CAKE

1 cup white chocolate, chopped
2 ¼ cups all-purpose flour
2 ¼ tsp baking powder
¼ tsp salt
10 tbsp unsalted butter, at room temperature
1 ⅓ cups sugar
4 large eggs, at room temperature
2 tsp vanilla extract
1 ¼ cups whole milk

FOR THE ICING

1 ½ cups whole milk
7 ½ tbsp flour
1 ½ cups butter, at room temperature
1 ½ cups white sugar
1 ½ tsp vanilla extract
2 cups shredded coconut, to garnish

METHOD

- 1 Preheat the oven to 180C.
- 2 Grease two 20cm round cake pans. Line the bottoms with parchment paper, and grease paper. Dust the pans with flour and set aside.
- 3 Sift the flour, baking powder, and salt into a medium bowl.
- 4 Place the chocolate in a heat-safe bowl and microwave for one minute.
- 5 Remove from the microwave and stir.
- 6 Heat again for 30 seconds. Stir until no lumps remain in the chocolate. Set aside.
- 7 Beat the butter and sugar together until light and fluffy, about three to four minutes.
- 8 Scrape down the sides of the bowl.
- 9 Add the eggs one at a time, beating well after each addition.
- 10 Add vanilla extract and mix to combine.
- 11 Alternatively add the dry ingredients with milk in three additions.
- 12 Add the warm white chocolate and mix until just combined.
- 13 Equally divide the batter into the two prepared pans and bake for 30 to 40 minutes or until a toothpick inserted into the middle of the cake comes out clean.
- 14 Remove the cakes from the oven and allow to cool in the pan for 20 minutes on a wire rack.
- 15 Remove the cakes from the pan and discard baking paper. Allow the cakes to cool completely on wire racks.
- 16 To prepare the icing, add the flour to a small saucepan.
- 17 Slowly pour the milk into the pan while whisking (to avoid lumps).
- 18 Bring to a simmer, constantly stirring until the mixture has turned into the thick paste, about five to seven minutes. Avoid cooking on high heat otherwise it may scorch.
- 19 Transfer the mixture to a bowl and cover the surface

- of the paste (not the bowl), with plastic wrap to prevent a film on the surface. Allow it to sit until it reaches room temperature, about one or two hours.
- 20 Beat the butter, sugar, vanilla extract and milk mixture with an electric mixer for approximately 10 to 12 minutes on medium speed until it is no longer granular, occasionally scraping down the sides of the bowl until the mixture is white and fluffy.
 - 21 To assemble, place one cake layer bottom side up on a cake platter.
 - 22 Spread about 1 ½ cups of icing over the bottom layer and top with the second cake layer, also bottom side up.
 - 23 Ice the cake with the remaining icing and cover with shredded coconut.

INFO: Instagram, @Whipped_Dubai, www.facebook.com/whippeddubai

THE ART of Dining

Create a fashionable spread for your next soiree with these creative bites from the Ritz Carlton, DIFC

In the UAE where entertaining guests in private venues is de rigour, an opulent bespoke catering service has been a long time coming. The Artful Dining concept devised by executive banquet chef, Manuel Caisedo and executive pastry chef Dragan Rucnov at the Ritz Carlton DIFC, incorporates the epitome of luxury cuisine, adding a je ne sais quois

to private parties. Not only is their unique and creative menu sure to wow your guests, the service also includes having a dedicated event organiser who will work with the host to ensure that every detail is taken care of, from tailored menus for cocktails, canapés and banquets to live cooking demonstrations available on request. These amazing recipes give you a taster of what to expect...

LIPSTICK GAZPACHO

SERVES 8 TO 10

A glamorous beginning for the fashionista

INGREDIENTS

100 ml fresh tomato juice
2 pieces white bread, sliced
1 garlic glove
2 medium fresh tomatoes
1 tbsp olive oil
20g cucumber
20g red capsicum
1 tsp tabasco sauce
1 tsp sherry vinegar
140mg agar-agar or vegetable gelatine
Salt and pepper to taste

YOU WILL ALSO NEED

Empty lipstick cartridges (buy from www.aliexpress.com)

METHOD

- 1 Clean the tomatoes and peppers and cut into 4 pieces.
- 2 Peel and slice the cucumber, onion and garlic.
- 3 Put everything in a blender.
- 4 Add the vinegar, water and bread.
- 5 Blend again, drizzling in the agar agar and olive oil.
- 6 Take a clean lipstick holder, and pour in the mixture using a funnel.
- 7 Cool in the fridge for 30 minutes.
- 8 Arrange the lipsticks randomly in a vase or large glass full of ice.
- 9 Place cherry tomatoes or flowers between the ice as desired for decoration.



GOAT'S CHEESE BRÛLÉE

SERVES 8 TO 10

An impressive vision that tastes as good as it looks

INGREDIENTS

500g goat cheese
80ml cooking cream
120ml vegetable stock
Salt and pepper to taste
4 spears of green asparagus
1 carrot

6 to 12 plush micro leaves or
plush of any herb
30g balsamic vinegar syrup
1 red carrot
2 tsp dry tomato powder
40g sugar

YOU WILL ALSO NEED

Iced water
A blow torch
Flat based soup bowl
Thermomix Blender

METHOD

1 Blend the goat's cheese,

cream and vegetable stock in the thermomix.

- 2** Increase the temperature of the thermomix to 70C and blend until the mixture of goat's cheese is smooth.
- 3** Pour the mixture into a soup bowl and refrigerate for one hour.
- 4** When the mixture sets inside the bowl remove from the refrigerator.
- 5** Sprinkle some sugar on top of each goat's cheese mix and

burn with a blow torch until caramelised.

- 6** Shave some asparagus and carrots and place them in ice water so they curl.
- 7** Garnish the cheese with the asparagus and carrot curls.
- 8** Sprinkle some dry tomato powder on top, with a few dots of balsamic.
- 9** Garnish with the micro leaves and serve.



CEVICHE TACOS

SERVES 8 TO 10

A Peruvian speciality made easy

INGREDIENTS

50g white fish fillet, such as Seabass
3 flour tortillas
1 tbsp tomato ketchup
1 tsp tabasco
1 tsp Worcestershire sauce
20g red onion, finely chopped
2 tsp chives, finely chopped
2 tsp fresh coriander, finely chopped
1 tsp lemon juice
1 large avocado
A pinch of red micro herbs
Salt and pepper to taste

METHOD

- 1 Puree the avocado in a blender.
- 2 Combine the tomato ketchup, lemon juice, Worcestershire sauce and tabasco.
- 3 Add the onion, chives and coriander to the ketchup mixture.
- 4 Cut the white fish into cubes and add it to the ketchup mixture. Season with salt and pepper.
- 5 Cut the tortillas with a cookie cutter into 5cm diameter pieces.
- 6 Use a small cup-shaped mould to shape the tortilla and deep fry in vegetable oil.
- 7 Fill the tortillas with the ceviche of fish and garnish with the puree of avocado and red micro herbs.

VEGETABLE CRUDITES

SERVES 8 TO 10

Exquisite bites you can feast on all day long

INGREDIENTS

1 kg tomatoes, finely diced
80g sundried tomatoes
Salt and pepper to taste
700g carrots, thinly sliced
1 bunch frisee lettuce
1 kiwi fruit, dehydrated
50ml olive oil
150ml full cream milk
30g parmesan cheese powder
40g tomato puree
50ml sherry vinegar
1 cucumber, thinly sliced
1 packet rocket, chopped
1 packet mixed lettuce, chopped
1 pack edamame beans, shelled
1 tbsp sea salt
2 tsp soya protein
40g rye breadcrumbs

METHOD

- 1 Blend the tomato puree, sherry vinegar and sundried tomato into a fine paste.
- 2 Mix the diced tomato and the tomato paste mixture and season with salt and pepper.
- 3 Roll the mixed lettuce and rocket or frisee lettuce with ½ the cucumber and all the carrots, so that the leaves look like a small plant.
- 4 Place ½ the edamame beans and the other ½ cucumber with olive oil and sherry vinegar to make a dressing. Set aside.
- 5 Heat the milk and add the parmesan cheese, strain and refrigerate until chilled.
- 6 Remove the milk mixture from the chiller, add the soya protein and hand blend to make a foam.
- 7 Toast the rye bread crumbs in the oven until they turn brown.
- 8 Use two tablespoons to arrange the tomato mixture on a plate in a rectangle shape.
- 9 Place two cucumber and one carrot lettuce plant on each plate, arranging so that they stand upright
- 10 Use some edamame beans, kiwi and rye breadcrumbs to garnish.
- 11 Dot the plate with the cucumber dressing and sprinkle some sea salt and olive oil on the lettuce.
- 12 Spoon the foam over the crudites and serve.





VANILLA CREAM CHEESE PANNA COTTA

SERVES 8

This recipe requires patience and technique, but you'll be amazed by the results

INGREDIENTS

FOR THE PANNA COTTA

240g cream
50ml milk
125g sugar
450g cream cheese
7g gelatin
1 vanilla bean

FOR THE DATE BUTTONS

100g butter
20g glucose
100g brown sugar
2 eggs
60g milk
70g plain flour
70g whole wheat flour
7g baking powder
A pinch of cinnamon powder

¾ tsp cornflour
2 tsp chopped raisins
2 tsp chopped dates
2 tsp chopped walnuts

FOR THE RASPBERRY JELLY PEARLS

250g raspberry puree


50g sugar
3 leaves of gelatin
½ tsp lemon juice

FOR THE LEMON CREAM (OPTIONAL)

4 whole eggs
6 egg yolks
220g sugar
1 tsp lemon zest
200g lemon juice
300g butter

METHOD

- 1 Place the gelatin for the panna cotta in ice cold water.
- 2 Combine the sugar, milk, vanilla bean (split and scraped) and cream and bring to the boil.
- 3 Drain the gelatin, add to the hot mixture, and stir well so it melts and is incorporated.
- 4 Strain the mixture over the softened cream cheese.
- 5 Whisk and pour into moulds or directly into a bowl. Allow to set in the refrigerator for about two to three hours.
- 6 Preheat the oven to 190C.
- 7 Create the date buttons by whipping together the butter, glucose and brown sugar until smooth and semi fluffy.
- 8 Add the eggs one at a time, whipping continuously to incorporate.

- 9 Add the milk, flour, baking powder, cinnamon, cornflour, raisins, dates and walnuts, mixing thoroughly to combine.
- 10 Pipe the mixture into a tray of small dome-shaped moulds.
- 11 Place baking parchment and a baking tray over the top of the moulds to prevent them from rising.
- 12 Bake for seven minutes. Set aside.
- 13 For the jelly pearls, place the gelatin in ice cold water.
- 14 Mix the raspberry puree with the sugar and lemon juice in a saucepan. Bring to the boil.
- 15 Strain the gelatin and add to the mixture.
- 16 Pipe into sphere-shaped molds and allow to freeze until set.
- 17 For the lemon cream, mix all the ingredients except the butter in a bain-marie to make a thick over a double boiler to make a thick sabayon.
- 18 Remove the pan from the heat, cover and allow to cool.
- 19 Once it cools slightly, add the butter and transfer the mix to a blender and pulse until combined.
- 20 Remove the set panna cotta from the fridge, decorate with lemon cream, date buttons and jelly pearls. 



Eating Istanbul



The ultimate destination
for lovers of street eats





A visit to Turkey's largest city is usually a hit with cultural buffs, with a number of architectural wonders to be visited, such as the Blue Mosque, the museums of Hagia Sophia and Topkapi Palace, as well as Istanbul Hippodrome, the sunken palace of Basilica Cistern and the dazzling Grand Bazaar. However, beyond the sightseeing, Istanbul is a cultural melting pot and home to vibrant and diverse cuisine, boasting a bold fusion of Asian, Middle Eastern and Mediterranean influences, given that the Ottoman Empire spanned three continents for 600 years.

It is without a doubt, a food lovers' metropolis. At every corner, you are greeted with staples of dairy, tea, meat, fish and bread, (seriously, what's not to love), with street food having been refined to a fine art of deliciousness. It also means that these beautiful flavours are accessible by everyone, regardless of your budget. When it comes to restaurant dining, the now rather fashionable farm-to-table concept, has been practiced for hundreds of years and is nothing new in this part of the world, where traditional cuisine is based on sustainable, locally sourced produce. With so much variety, a good question would be where to begin in this beautiful land of culinary delights? Read on...

DINING ETIQUETTE

If you should happen to make friends with locals in the city and visit them at home for a meal, there is a certain protocol to be adhered to. Firstly, meals in Istanbul are a very social affair, where conversations are loud and animated, and can last for hours, so if you're planning on rushing off somewhere, don't accept the invitation in the first place.

If there is a guest present, they are always served first. If there is no guest, the head of the family is served first. If you are a guest at a table however, it is considered to be very good manners to insist that the most senior person is served first instead of you. To really compliment your hosts, nothing will please them more than you asking for more food, as this indicated that you enjoyed the meal. If you are taken to a restaurant, strict dining etiquette insists that the person who did the inviting must pay, so be aware of this if you invite anyone out to dinner.

Our Top Three for Breakfast

The first meal is a celebration of a new day and an unmissable event with a traditional Turkish breakfast offering mezze plates of cheese, sausage, breads, olives and cucumber to wake up your tastebuds. Here are our top picks...



Emirgan, Sütis

Soak in the stunning Bosphorous views from its vast outdoor terrace, while dining on signature dishes such as the su böreği; a sort of Turkish take on lasagne, incorporating thin pastry layers of cheese, vegetables or meat, with a delicious buttery, flaky crust. **INFO:** Arnavutkoy Bebek Cad. No: 101 Arnavutkoy, +90 212 220 0508, www.sutis.com



Backyard, Bebek

Located amid the hills above Bebek, this is arguably the best spot for al fresco dining in the city. Make a beeline for one of the tables in the garden, and indulge in freshly made jams and other locally sourced dishes. **INFO:** Otlukbeli Cad., Bebekköy Sok. No: 4, +90 212 287 1500, www.backyardistanbul.com



Gram, Pera

Gram is a cosy yet clean nook of a restaurant with whitewashed brick and stone walls. Will yourself away from the tempting bakery items at the front and fill up on the more carefully balanced, seasonal dishes at the back. **INFO:** smali Mescit Mah., Me rutiyet Cad. 107/D, +90 212 243 1048, www.grampera.com

Must-Try Dishes



1 Simit

The equivalent of the American bagel, this is one of the nation's staples. It's basically freshly baked, molasses-dipped and sesame-crusted bread that is popular throughout the region.



2 Balık-ekmek

Translating as 'fish bread', these are literally what they say they are, a simple sandwich of freshly line-caught fish served at the Karaköy or Eminönü shore. There's nothing fancy about this grilled mackerel concoction which is salted, sprinkled with red pepper and served with onion, lettuce and a wedge of lemon, and while you might be tempted to sit down at any one of the restaurants below the Galata Bridge to feast on these tasty sandwiches, the locals will tell you, the balık-ekmek you're served at a table is just not the same as the one you enjoy on your feet.

3 Lahmacun

A Turkish pizza of sorts, this thin base of dough is topped with a minced meat, onion and red pepper mixture, which is cooked in the oven for a few minutes and served piping hot. It's customary to top it with a handful of parsley and a squirt of lemon juice, then roll it into a wrap and enjoy with a glass of cold ayran (a yoghurt drink similar to laban). Try them at Halil Lahmacun, Borsam Ta Fırın in Kadıköy and Fıstık Kebap in Arnavutköy.



4 Dürüm

The equivalent of the UAE massive's favourite street food, the shawarma, Dürüm is a wrap of typical doner kebab ingredients rolled into Turkish yufka flatbread. You're just as likely to encounter it on a street corner as you are at the fanciest of restaurants and they come in varieties of chicken, beef, cheese and vegetables. Stop by Bambi or Kızılkayalar in Taksim Square for the city's most popular versions.

5 Tantuni

A close relative of the dürüm, tantuni is slivers of meat, tomatoes, peppers and a generous sprinkling of spices wrapped in the thinnest tortilla imaginable. It usually comes in spicy and less-spicy versions, but to experience it like the Mersin natives, where this recipe originated, it's not the real deal unless it leaves a satisfying burn on your lips.



6 Kumpir

These are baked potatoes on steroids and the best area in the city to indulge is in Ortaköy. The Kumpir stalls are impossible to miss, congregated in more or less the same place, like a stuffed spud nation, so if you aren't beckoned to these abundant stalls, keep walking. The myriad of toppings include ka ar cheese, sausage, corn, mayonnaise salad, peas and carrots, but it's very much a bespoke offering and the combination possibilities are endless.



7 Kebabs and Meat Dishes

Who doesn't know and love a good kebab? This is the land of them, with varieties of meat that are either stewed or grilled to perfection. Almost every district of Anatolia has its own kebab specialty and lamb is the basic meat of the Turkish kitchen. Pieces of lamb threaded on a skewer and grilled over charcoal form the famous 'Sis kebab', while the ubiquitous 'Doner kebab' is available in abundance, with wafer thin meat shavings served with salad. Other typical meat dishes include the 'Iskender kebab', prepared from thinly cut grilled lamb basted with hot tomato sauce over pieces of lavash bread and generously slathered with melted sheep butter and yoghurt. Also try 'Alanazik' made from minced meat, 'Sac kavurma', a saucier, meat stew of sorts, 'Tandır' which is fragrant lamb cooked using an ancient method in a special oven made from a pit in the soil and different types of 'Kofte'; typically meatballs which are spread along skewers to create long kebabs.

8 Türk kahvesi (Turkish Coffee)

The ritual of drinking Türk kahvesi is different to the commercial American-style coffee we are accustomed to. The coffee is made slowly on a stove over a very low heat, and served in espresso sized cups. Stop drinking before you reach this to avoid a gum line of grit - it's not meant to be consumed.



FINE DINING

Despite the abundance of street food, Istanbul is far from devoid of fine dining outlets; a perfect example of this is at the Raffles, Istanbul where Spanish celebrity chef and restaurateur Sergi Arola's eponymous restaurant is located, serving up Catalan-style cuisine. Along with revered Turkish chef, Ali Ronay, the pair have mastered a unique balance, incorporating authentic ingredients with the cosmopolitan flavours of Turkey's heritage. We've teamed up exclusively with the duo, for recipes that bring the flavours of Istanbul to your table; ranging from Spanish Paella style rice to traditional kebab.

CHEF SERGI AROLA'S LOBSTER RICE

SERVES 4

INGREDIENTS

120g calasparra (paella) rice
1 whole blue lobster
4 tbsp water
1 cup salted butter, cut into chunks

FOR THE STOCK

A splash of olive oil
1 clove garlic, very finely minced
20g shallots, finely diced
20g red pepper, finely diced
20g green peppers, finely diced
½ L lobster stock

FOR THE SAFFRON ALIOLI

A pinch of Spanish saffron
1 egg yolk
2 tsp milk
Salt and black pepper, to taste

METHOD

- 1** Make the saffron alioli by whisking the egg yolk, milk and saffron threads in a heavy small saucepan, set over a medium-high heat.
- 2** Bring to the boil, then remove from the heat and allow to cool completely.
- 3** Season to taste with salt and pepper. Set aside.
- 4** Bring a large pot of water to boil. Turn off

heat and add the lobster.

5 Cover with a lid and allow to cook for three minutes.

6 Remove all lobster meat from shell and cut into large chunks. Reserve the water, to use as the stock.

7 In another saucepan, bring two tablespoons of water to a simmer over a medium-low heat.

8 Whisk in a piece of butter. When butter has melted, add another piece. Continue with remaining butter pieces, one at a time. Make sure the mixture does not come to a boil, otherwise the butter will separate.

9 Keeping the heat on medium-low, add the lobster pieces and cook for five minutes, turning the lobster pieces every minute or so. Make sure the mixture does not boil. Remove lobster pieces and set aside.

10 Place any remaining liquid in the lobster water.

11 Sauté the shallots, both peppers and garlic in the olive oil until golden, about 10 minutes.

12 Add the lobster stock and bring to the boil.

13 Add the rice, cover and reduce to a simmer until all the water is absorbed, about 14 minutes.

14 Distribute the rice between four plates, top with the lobster and a drizzling of alioli.

CHEF ALI RONAY'S TALAS KEBAB

SERVES 4

A more refined version of the street food, this deliciously spiced meat adorns layers of crisp, buttery pastry, with sweet extracts of plum and fresh green peas

INGREDIENTS

420g lamb loin, cut into small cubes
8 puff pastry squares, 4cm x 4cm in diameter

80ml olive oil
40g butter

FOR THE DEMI GLACE SAUCE

(You will need 40ml)

2 cans of low-sodium beef broth
2 large carrots, skinned and cut into small pieces

4 cloves of garlic, halved
½ cup red grape juice

6 tbsp butter

A handful of flat leaf parsley

FOR THE PEA PUREE

400g green peas

40g butter

20g fresh mint

FOR THE PLUM COMPOTE

500ml water

200g dried yellow plums

45g sugar

METHOD

1 Marinade the Lamb meat with salt, pepper and olive oil. Cover and refrigerate for at least an hour.

2 Meanwhile, prepare the plum compote. Cook the plums with sugar and water until they are soft.

3 Use a hand blender to process the mixture into a puree.

4 Set aside but keep warm.

5 In a separate pan, make your pea puree. Cook the peas in the water until they are soft.

6 Drain the excess water, reserving a little in the pan.

7 Use a hand blender to puree the peas.

8 Add the butter and season with salt and pepper. If the consistency is too thick, loosen the mixture using boiling water.

9 Add the fresh mint and stir. Set aside, but keep warm.

10 Preheat the oven to 180C.

11 Line the pastry sheets on a baking tray.

12 Bake for 10 minutes, or until golden and crisp.

13 Remove from the oven and set aside.

14 For the demi-glaze, combine the beef broth, with the garlic, carrots and parsley.

15 Simmer uncovered for about 75 minutes, stirring intermittently.

16 Once the mixture has reduced, add the grape juice and simmer for a further 20 minutes.

17 Whisk in the butter. Once incorporated, the demi-glaze is ready. Set aside.

18 Sauté the marinated lamb into a sizzling hot pan very quickly with olive oil and butter.

19 Add the demi-glaze sauce at the last stage. Don't over boil it.

20 Place some of the pea puree on the plate. Place one of the puff pastry squares on top.

21 Add a little more pea puree.

22 Layer on the lamb meat, then top with a second layer of the puff pastry.

23 Add the pea puree and lamb again in layers, repeating the process for all four plates.

24 Serve with a side of plum compote and a drizzle of demi-glaze sauce.



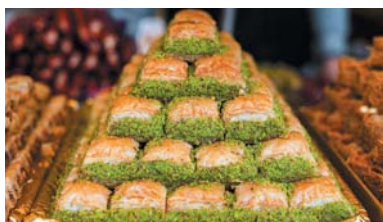
Must-Try Dishes

(CONTINUED)



9 Turkish tea or Çay

Turkish tea is not only a part of Turkish culture and tradition, it's a universal language that symbolises Turkish hospitality and has many social connotations. The first thing that is served to a guest who comes home, or to any tourist that enters a shop, is tea. Çay, as it is called, generally refers to black tea, served in the famous tulip-shaped glasses



10 Baklava

Thankfully, it is socially acceptable to devour these sweet pastries straight out of the oven at breakfast time, and there are many different versions. Cevizli baklava is made from walnuts and fistikli baklava made from pistachios are internationally recognised versions, with flaky layers of filo dough, stacked and brushed with butter and sugar syrup, and then cut into rectangles or diamonds. Other varieties to try are the ceviz dolama, a round and slightly more compact baklava made with walnuts, or the similarly shaped saray sarmasi, which features a combination of both nuts. Özel kare baklava contains the traditional layers of filo but bulges with double the pistachio filling, visenli baklava is packed with sour cherries, while the kestaneli baklava, in which filo dough is wrapped around a candied chestnut so it actually assumes that same, rotund shape, is also a delightful affair.

11 Pide

Essentially a pizza dough, but half-folded over toppings, almost like an unfinished calzone, these boat shaped pies are filled with a base of butter, cheeses, or delicious Turkish meats like garlicky, cumin-laced sausage sujuk, with or without an egg on top.



12 Kaymak

Love dairy? Get ready for the ultimate experience. This impossibly creamy concoction is made from milk which is slowly boiled, the cream skimmed off, and then chilled. As rich as clotted cream with a consistency of soft cheese, this is served with honey or jam and slathered on bread.

13 Kokorec

Typically a late night street eat after a night on the town, this is probably the city's most controversial. Made from spiced and skewered sheep's intestines, this is served in either half or quarter of a bread loaf with plenty of grease and salt to go with it. One of the most popular kokorec chains, ampiyon Kokorec, is sure never to disappoint.



14 Maras dondurması

Ice cream done the Turkish way contains milk, sugar, salep (dried, powdered orchid root) and mastic (also known as Arabic gum). The result is a chewy, frozen mass which melts slowly, served plain with a sprinkling of pistachios and a knife and fork rather than a spoon. Street vendors put on a show as they pull it like taffy and spin it around like a rope. While it might sound unappealing, it is in fact very smooth and melts like butter as soon as it hits the warmth of the tongue.

15 Manti

Often referred to as Turkish ravioli, these are dumplings filled with minced beef or lamb, onion, salt and pepper. Manti are usually served in a bowl and topped with sauces, sometimes tomato, but often yogurt, cheese, or sour cream, topped with chopped herbs or dried pepper flakes.

16 Turkish delight

Known as lokum by the locals, these sweet and chewy morsels of delight are the perfect accompaniment to Turkish coffee. Try the delicious flavours at Hafız Mustafa 1864. **INFO:** Hobyar Mahallesi, Hamidiye Caddesi No:84 | Bahçekapı Eminönü, +90 212 513 3610

17 Yoğurt

You might think that this is way too simple a food to be included in our top list, but the creamy and tart yoghurt, native to the area of Kanlıca is made with a mixture of cow and sheep milk. Originally, it was made so thick that it was served by cutting it with a knife. While today's version may not be as solid as it once was, it's still a lush, thick and creamy mixture, dished up with sugar, jam or honey, which is either sprinkled or drizzled across the top of its creamy skin.

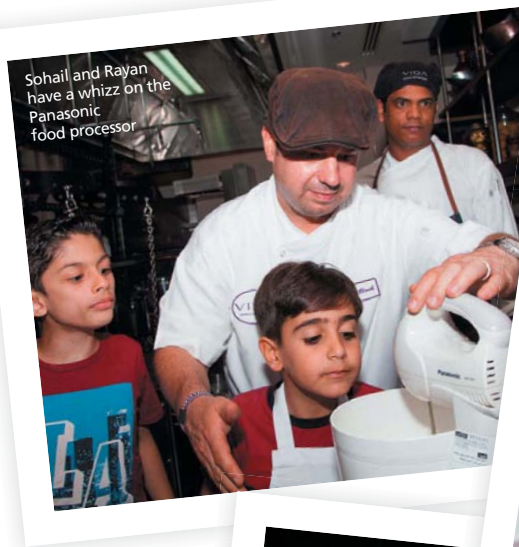


18 Kunefe

We're all familiar with this Middle Eastern dessert which is crunchy layers of katayef (shredded filo dough) encasing a creamy cheese filling. However, the distinction between ours and the Turkish version is the elastic cheese that is only made in the Hatay region and the katayef pastry is also made from scratch. Topped with cream or ice cream, this is where your diet will most definitely fail.

MUMMY AND ME TIME AT MANZIL DOWNTOWN

Gourmet celebrates the special bond between mother and child at our exclusive Mother's Day masterclass



Sohail and Rayan have a whizz on the Panasonic food processor



Katelyn admires her handiwork



Shoib is excited about what he'll be making



Our victorious cooking team!

Spending quality time with your little ones is something that we all treasure and this magical class led by Chef Spencer Black, (one of the region's most talented in *Gourmet's* opinion) at the Boulevard Kitchen, Manzil Downtown, was a resounding success. As one of our most pleasurable masterclasses to date, the children got stuck in to make some very special dishes for their mums and proudly showed off their achievements with a range of salads and yummy pizzas. See what we got up to behind the scenes and have a go at preparing these special dishes with your little one at home, for an intimate experience that memories are made of...



CHEF SPENCER BLACK'S BEETROOT AND ORANGE SALAD

SERVES 4

This colourful salad is full of zing and sweetness

INGREDIENTS

- 3 medium sized beetroots
- 75g rock salt
- 4 whole oranges
- 40ml olive oil
- 10ml orange juice
- ½ tsp cinnamon powder
- 40 mint leaves
- A pinch of salt and black pepper, to season

METHOD

- 1 Preheat the oven to 200C.
- 2 Double layer some aluminium foil and cut large enough to fit the beetroot.
- 3 Place the rock salt onto the aluminium foil and place the beets on top of the salt.
- 4 Pull the sides of the foil up around the beets, like a bag – it should be loose but sealed.
- 5 Place the beets in the oven and cook for about 50 to 60 minutes. Use a skewer or knife to check if they're done. The skewer should move easily into the beet; if they're still firm, cook a while longer.
- 6 Once cooked, remove from the oven and allow to cool slightly so that they are easy to handle.
- 7 Wear some gloves (unless you like purple hands) and peel the beets into 1cm x 1cm strips.
- 8 Remove the skin of the four oranges with a knife leaving no peel or white membrane.
- 9 Slice two of the oranges into rounds. Try to get twenty orange rounds and remove any seeds.
- 10 Cut two oranges into segments with no skin or seeds.
- 11 Mix the olive oil, orange juice, cinnamon, mint leaves, salt and pepper into a bowl.
- 12 Combine the mixture with the beets and the orange segments.
- 13 Lay five orange rounds down on a plate and place a serving of the dressed beet and orange salad on top.



Beetroot and Orange Salad

CHEF SPENCER BLACK'S PEPPER SALAD

SERVES 4

INGREDIENTS

- 1 large green capsicum
- 1 large red capsicum
- 1 large yellow capsicum
- 2 large tomatoes
- 2 tbsp chopped parsley
- 80g feta cheese
- 2 tbsp roasted pine seeds
- 40ml olive oil
- A pinch of salt and black pepper, to season

METHOD

- 1 Roast the peppers, either by scorching them on a gas burner or by placing in the oven at 240C.
- 2 If using the oven method, cut the peppers in half and remove the stem and seeds and place on a baking tray.
- 3 When the pepper skins brown, remove from oven. Place the peppers in a bowl and cover with cling film.
- 4 Once the peppers are cool, remove the skin and cut into cubes about 2cm x 2cm.
- 5 Cut the tomatoes and feta cheese into the same size as the peppers.
- 6 Place the chopped peppers, tomatoes, olive oil, ½ tablespoon of parsley, ½ tablespoon of pine seeds and season with salt and pepper.
- 7 Stir the ingredients then add the feta cheese, slowly folding in so that the cheese doesn't break.
- 8 Place the salad in a large serving dish or in individual dishes.
- 9 Garnish the dish with the remaining parsley and pine seeds sprinkled on top.



Pepper Salad

CHEF SPENCER BLACK'S PIZZA

MAKES 8 TO 12 PIZZAS

Pizza is the same everywhere right? Not in this case... the secret is in the sauce

INGREDIENTS

1.2kg plain flour (00 flour if available)

14g active dry yeast

2 tsp salt

75ml olive oil

400ml milk

250ml water

FOR THE SAUCE

1kg fresh tomatoes (peeled and seeded)

2 400g cans peeled tomatoes

50ml olive oil

½ tsp salt

1 tsp dried oregano

Salt and pepper, to taste

Mozzarella

Toppings of your choice

METHOD

- 1 Begin with the pizza dough. In a small bowl mix the water and yeast together to dissolve. Set the bowl aside for 10 minutes until the yeast starts to bubble.
- 2 You can mix the dough by hand or using a stand mixer with a dough hook.
- 3 Take a large bowl, add the flour and make a well in the centre.
- 4 Pour the water, yeast, milk and olive oil. Into the well.
- 5 Knead until the dough begins to come together and doesn't stick to the sides of the bowl.
- 6 Remove the dough from the bowl and knead on a floured work surface.
- 7 Knead until the dough becomes smooth and elastic.
- 8 Clean the large bowl, dry, and rub with little oil.
- 9 Place the dough back into the bowl and cover with a cloth or plastic wrap.
- 10 Allow to rise in a warm place until the dough doubles in size, about 30 to 45 minutes.
- 11 Meanwhile make the pizza sauce. Blanch the tomatoes in boiling water for a few seconds. Remove from the water and place in an ice bath to cool.
- 12 When the tomatoes are cool, peel off the skin.
- 13 Cut the tomatoes in half and squeeze out the seeds – it's okay if some seeds remain.
- 14 Open the cans of peeled tomatoes and separate the tomatoes and the juice (keep the juice). Remove the seeds from the tomatoes.
- 15 Take a large saucepan and warm the olive oil over a medium heat.
- 16 Add the fresh tomatoes, salt and oregano.
- 17 Using a potato masher, break down the tomatoes in the pan.
- 18 Add the peeled tomatoes and half the juice. Continue to mash the tomato mixture.
- 19 Simmer over a low heat until the mixture has reduced by half.
- 20 When reduced set aside to cool, before placing in a food processor.
- 21 Pulse a few times, but leave it a little chunky.
- 22 Taste and season with salt and pepper as needed. If the sauce is a too thick use a little of the tomato juice to make it lighter. Set aside until required.



Learning how to make pizza like a pro!



Korena and Katelyn sit down for their special meal

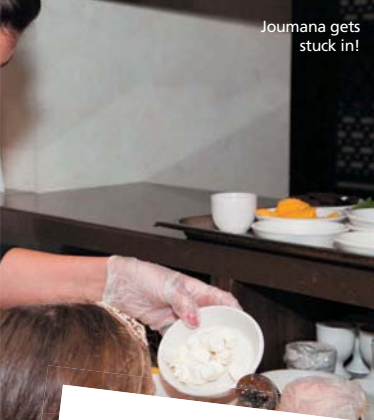


Pizza with a smile!

Joumana gets stuck in!

Proud mums Samar and Joumana sit down for dinner with Rayan and Lila

Gourmet Masterclass



Allisa prepares herself for the masterclass



The chef has the kids' full attention



CHEF SPENCER BLACK'S HONEYCOMB

SERVES 4

A super simple dessert that's healthy, delicious and made in minutes

INGREDIENTS

- 4cm x 4cm cube of fresh honeycomb
- 40g ground almonds
- 100g crème fraîche
- 1 tbsp labneh
- 1 tbsp yoghurt
- 1 tsp icing sugar
- 2 whole oranges, cut into segments
- 4 tsp pomegranate seeds
- 28 sprigs mint leaves (the small ones from the tips)

METHOD

- 1 Combine the crème fraîche, labneh and yoghurt in a bowl.
- 2 Add a teaspoon of the icing sugar and mix together.
- 3 Separate the crème fraîche into four equal parts.
- 4 Place one equal measure on the side of each plate, then slide the mixture with the back of a spoon towards the opposite side of the plate.
- 5 Cut the honey comb into a cube.
- 6 Place the honey comb on top of the crème fraîche at the side you started on.
- 7 Peel the orange with a knife to remove all the skin and cut into segments.
- 8 Place the orange segments around the plate, followed by a sprinkling of mint and the pomegranate seeds.
- 9 Make a line from the ground almonds, so that it is on the opposite side of the honey at an angle away from crème fraîche and serve.



TOP TIPS FOR

Eating when you're sick

As the weather changes and it becomes flu season, here's a lowdown of what will make you feel better and what you should be avoiding...



DO

Eat broth based soups. Chicken soup contains an amino acid called cysteine which helps to thin the mucus in the lungs



DO

Drink tea. Warm liquids soothe sore throats, especially a green tea which is full of infection-fighting antioxidants



DO

Suck on an ice lolly. Keeping your water intake up is key to getting better. Ice lollies are a great way hydrate and are especially easy on the throat.



DO

Eat spicy foods, such as chillies, wasabi and horseradish which are effective natural decongestants



DO

Eat a banana! Packed with potassium these help to lower the body temperature and replenish lost electrolytes



DO

Incorporate some ginger into your daily routine. Drinking ginger tea or flat ginger ale keeps you hydrated and settles the stomach



DON'T

Eat anything high in sugar or fat. High sugar suppresses the immune system, while fatty foods are more difficult to digest



DON'T

Consume dairy if you can avoid it. According to science buffs, dairy promotes mucus production which worsens congestion when you're sick



كارفور Carrefour

SPICY PRAWN CURRY

Ingredients:

- 1/2 kg prawns
- 2 onions diced into small pieces
- 1/4 inch cinnamon stick
- 1/4 teaspoon of chili powder
- 1/2 teaspoon of dhania powder
- 1/4 teaspoon of garlic powder
- 1/2 teaspoon of ginger powder
- 1 bunch of fresh coriander
- 1 teaspoon of salt
- 1/4 teaspoon of turmeric powder
- 1 tablespoon oil

Directions:

- Clean the prawns and squeeze out the water.
- Add chili, Dhania, garlic, ginger, turmeric powder, salt and mix well.
- Boil prawns on low heat.
- Add 1 teaspoon of oil to the boiling prawns.
- When water evaporates and the prawns are dry remove from the stove.
- Heat the oil and put in the cinnamon.
- Add prawns and fry for 2 minutes.
- Add onions and fry until they turn brown.
- Sprinkle on coriander leaves, remove from the heat and serve with hot rice



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Lafayette G O U R M E T

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